Volume IX

LIFE SKILLS

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اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَ آلِ مُحَمَّدٍ وعَجِّلْ فَرَجَهُم

Dedication

To the Light that guides us through the darkest of times,

To the Imam of the Time, Hazrat Baqiyatullah, the Savior of Mankind, the Sign of God,

In humble devotion, I dedicate the ninth volume of "Life Skills."

To my parents, the foundation of my existence,

S. Sirkar Abidi (Late) and Rifat Abidi (May Allah preserve her),

Your love and wisdom have been my guiding stars.

To the mentors who have illuminated my path,

Ayatollah Syed Hussain Murtaza Naqvi and his family, and

H.I.W.M. S. Ghulam Abbas Rizvi (Hussain Agha),

Your teachings have shaped my understanding of life's intricate tapestry.

To my beloved wife, S. Mehwish Zehra, and my young son,

S. Mohammed Hussain Mehdi, one of the future's starts,

Your unwavering support fuels my journey.

To my entire family, a source of endless strength and love,

Brothers H.I. Shoaib Abidi, Adeel Abidi, Mustafa Abidi,

Sisters Asra and Farheen, and my dear in-laws, mother, and sisters,

You are the roots of my being, holding me firm through life's storms.

To my friends and well-wishers, who have walked beside me,

Your camaraderie and encouragement have been my blessings.

This dedication is a small offering of my gratitude and affection for each of you. You have been the constellations in my personal sky, guiding me through life's journey. Your love, wisdom, and support are woven into the pages of "Life Skills," and I am forever indebted for the role you've played in shaping this work.

With heartfelt gratitude and unwavering love,

S. Jahanzaib Abidi

Dated: Jan 2024

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Preface

Dear Readers,

Salam un Alaikum,

We are delighted to present the ninth volume of "Life Skills," a unique collection that draws inspiration from a multitude of sources, each offering its own distinct perspective on the art of living a fulfilling life. In this installment, we continue our journey of exploration and self-improvement, weaving together insights from Quora Digest, Tips for Success, Noctis Enoch, the wisdom of Chat GPT, and the profound teachings of the Infallible Imams of Shia Islam.

In our ever-evolving world, the pursuit of a meaningful and well-balanced life is a quest that transcends borders, cultures, and beliefs. We are excited to delve into the intersections of wisdom that emerge from diverse sources and bridge the gaps between contemporary guidance and ancient spiritual traditions.

The digital age has ushered in a new era of knowledge-sharing and connectivity, making wisdom accessible to all. The internet's myriad platforms, like Quora and Tips for Success, offer a wealth of practical insights and knowledge, often sourced from experiences of

individuals who have ventured on their own life journeys. We embrace this collective wisdom as a testament to the power of human connection and our shared desire for personal growth.

Noctis Enoch, a name synonymous with the enigmatic and the profound, offers a unique perspective on the mysteries of life and existence. We delve into these insights, allowing readers to ponder the deeper questions and seek meaning in the mysteries that surround us.

The involvement of Chat GPT, the state-of-the-art AI language model, showcases the fusion of technology and human consciousness. Chat GPT's contributions add a modern, technology-driven dimension to our exploration of life skills, making this volume a testament to the evolving nature of knowledge and self-improvement.

Embedded within the pages of this volume, you will find a rich tapestry of teachings from the Infallible Imams of Shia Islam. These profound spiritual insights have guided countless lives, offering lessons on faith, morality, and personal development. We approach these teachings with reverence and the understanding that they form a cornerstone of the spiritual and moral compass for many.

As we embark on this journey, we encourage you, our readers, to approach these diverse sources of wisdom with an open heart and a curious mind. In the digital age, wisdom knows no boundaries, and its pursuit transcends

the confines of culture or belief. Our aim is to draw upon the collective wealth of knowledge and insights, offering you a comprehensive guide to navigate the complexities of life and to foster your own personal growth.

One last thing I want to clarify is that 90% of the articles in this book are copy-pasted from various online studies. And about 10% of articles are extracted from Chat GPT. If a Muslim or a religious person has any objections. then it is advised for them that if they see the words of other religions, they should counter-check them with the Islamic text before objecting. And where the text does not create any connection with Quranic Ayats & hadiths has deleted. The words of the Bible, Torah, Psalms or scholars of other religions that are not related to the Qur'an and Hadith have been deleted and only subjects or other permissible matters that are similar to the text or concepts of the Qur'an and Hadith have been presented. However, if there are any errors, please inform them so that they can be corrected in the next edition.

We thank you for joining us in this quest for a more fulfilling and purposeful existence, and we hope that the pages within this volume will inspire you to explore, reflect, and apply these life skills in your daily life.

With warm regards,

Abidi

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What are some useful psychology facts?

1. Not only does being multilingual make you seem smarter, but it also increases your intelligence.
2. Since your brain cannot distinguish between genuine and false confidence, acting confidently will lead your brain to believe it.
3. Recollections resemble jigsaw puzzles more than precise pictures.
4. You get obsessed with something when you feel lacking in it, such as money.
5. When someone speaks in a humorous voice, we are more likely to remember them. Comedians and cartoon characters resonate with us because of this.

What are some unethical life hacks?

1. A good way to get your friends to buy you soda at a bar is to tell them you quit take soda.
2. After meeting someone and shaking hands, smell your palm. Guarantee they won't ever talk to you again.
3. If you want to sound sick when calling in to your work, lie on your back while hanging your head over the edge of the bed. You will sound congested.
4. Spill drink in the seat in front of you at the movies to avoid people blocking your view.

5. Want to go on a foreign vacation and can't afford a flight? Just purchase a one way, then overstay your visa and get deported for free!
6. If you're stuck on an annoying call, put your phone on airplane mode instead of hanging up. The other person will see "call failed “instead of "call ended".
7. Take pictures of yourself every day or week of you slowly getting fatter. When you have reached a good heavy weight, post all the photos in reverse and attach an exercise plan to sell.
8. If you ever want to be nosy and rummage through someone's desk drawers but are scared of being caught, do so while holding an empty stapler.
9. When you start a new job, tell them you have a pine allergy. When Christmas comes and they start decorating remind them and then work from home that month.
10. Flatulence works well for clearing crowds in front of famous paintings at art museums.
11. Put an old parking ticket on your windshield when parking illegally so the parking cops think you already got a ticket.
12. If you're about to get in a fight tell the other person that you are HIV positive.
13. When meeting someone, tell them you are twice as far away from them as you actually are, and are willing to meet halfway, i.e. a block away from where you currently are.

14. If you're flying somewhere and realize you have something that won't get by security, turn it in to 'lost and found'. Go pick it up when you return.
15. If someone asks to see your ID, act affronted, yell "you're an ID!", and stomp off in a huff.

What is the harsh truth of life?

1. If you're the only one keeping your friendship going, don't bother. Just let go.
2. Dumb people get old too, age doesn't equal wisdom, nor does it earn you respect.
3. Never fall in love with someone twice, the second time you'll be falling for the memories.
4. Start practicing seeing people as they actually are. Not as you want them to be.
5. Don't match anyone's trash energy. Maintain yours so you can attract that which aligns with you.
6. When cleaning the toilet, keep your mouth closed.
7. There is no photoshop or filters for your energy. That energy is what matters.
8. Anything you lose by speaking your truth isn't a loss. It's an alignment.
9. Stop wanting to grow up. It only gets worse from here.
10. You can't use logical arguments to change the minds of those who don't value logic.

12 Golden things you learned with age

Still learning but here are 12 golden things:

1. First and foremost, nobody is coming to save you from any trouble or downfall. You are the only one who needs to put in efforts and work hard.
2. Be honest towards yourself. It is of utter importance that you never fool yourself.
3. Time heals everything. Every pain and suffering gets healed with time.
4. Life is hard. It requires sheer commitment, dedication, patience and focus. No matter how hard your life is, it may always become worse so be dedicated, committed, focused and patient.
5. No matter how hard your life is, someone somewhere is struggling more than you. So always be grateful for what you have.
6. Be a person you expect others to be. Hypocrisy will sooner or later be revealed.
7. Respect and kindness. Respect and be kind to each and every person you ever meet. Your parents, colleagues, friends, maid, waiter, garbage person, delivery person, etc. Everybody is doing their best to survive and thrive so just respect everybody.
8. Time is very precious and limited. It goes by faster than you think. Just manage it very wisely.
9. Be a good listener. Listen carefully before speaking anything. Understand what others are trying to tell you without assuming anything on your own.

10. Always be positive and happy. People love being around people who are positive and happy.
11. Parents are everything. Respect them and follow what they say because they've seen enough world to know what is wrong and what is right.
12. Enjoy the present and be in the moment. You cannot control what has already happened or what is going to happen.

What are some very deep and intelligent quotes?

1. Forget the past. No one becomes successful in the past.
2. Everyone loves justice at another person's expense.
3. The real measure of your wealth is how much you'd be worth if you lost all your money.
4. A youthful figure is what you get when you ask a woman her age.
5. Fear gives intelligence even to fools.
6. Most of us know how to say nothing; few of us know when.
7. Nature is a hanging judge.
8. The two most common elements in the world are hydrogen and stupidity.
9. The reason dogs have so many friends is because they wag their tails at anyone and not their tongues.

10. The easy way to teach children the value of money is to borrow from them.
11. No individual raindrop ever considers itself responsible for the flood.
12. Laughter is a tranquilizer with no side effects.
13. When someone points a finger at someone else, they should remember that their three fingers are pointing at them.
14. Of all the things you wear, your expression is the most important.
15. People who mind nobody else's business but their own seem to be the happiest people on earth.

Best Things To Do To Keep Your Brain Sharp

1. **Doodle:** Making a picture is an excellent workout for the brain. It also refreshes the brain.
2. **Good posture:** Upright, un-slouched posture improves blood circulation to the brain.
3. **Listen to music:** Music has been linked to improved cognition and memory functioning.
4. **Solve puzzles:** Solving puzzles stimulates the intellectual level and increases mental capacity.
5. **Eat right:** Concentrate on an all-round healthy diet. Eat your macros and micros well.
6. **Write:** writing improves your ability to communicate and also improves working memory.

7. **Learn new stuff:** A new course, language, skill, or something beneficial for your career.
8. **Reading:** Not only you gain knowledge but also develop a higher concentration level.
9. **Healthy sleep:** Get enough deep sleep and if necessary take short naps between work.
10. **Exercise:** What benefits the body will benefit the brain. Exercise daily.

What life lesson did you learn the hard way?

1. It costs nothing to be kind, but don't mistake kindness for being a door mat.

2. Knowledge isn't free, you have to pay attention.

3. $1,000 is not a lot of money to have but is a lot of money to owe.

4. Sometimes It isn't the one who takes your breath away, it's the one who reminds you to breath.

5. When someone shows you who they are, believe it.

6. One who does nothing but wait for his ship to come has already missed the boat.

7. Resentment is like drinking a bottle of poison and hoping it kills the other guy.

8. Being told you are “weird” just means you're not like them; nothing more.

9. Rejection is just redirection.

10. Someone always has an issue with you - and that’s their issue.

11. Life’s a bag of popcorn, not everyone pops at the same time. Keep the heat on!

What are ten truths everyone should accept in life?

1. No matter how photogenic you are, your ID photo will humble you.
2. You don't have to check Spotify. You were the most played this year.
3. Life is like a roll of toilet paper. The closer you get to the end, the faster it goes.
4. Never trust people who smile constantly. They’re either selling something or not very bright.
5. That awkward moment when you’re wearing Nike’s and you can’t do it.
6. When you decided to ignore someone but you’re the one who’s suffering.
7. Stay single until you find someone, who will make you single again.
8. Only money has the right to say "You'll regret losing me" the rest of you calm down.

9. Life is like a hot bath. It feels good while you're in it, but the longer you stay in, the more wrinkled you get.
10. Weirdness is the spice of life. Don't be afraid to sprinkle it on!

Psychological Facts That Really Work

1. If you're annoyed that someone is staring at you, shoot them a kiss, usually gets them to look away.
2. Telling stupid they have something in their teeth will make them feel uncomfortable and weird and put an end to their stupid behavior.
3. If you pretend to be repulsed by an odor, nobody will suspect you as the source.
4. Smile and pat the seat next to you on public transportation to discourage others from sitting there.
5. Looking at your opponent's hairline several times can subconsciously lower your opponent's confidence.
6. When someone is trying to bully you, don't react. Just stare blankly and say, 'Are you okay?'
7. Purposefully changing your posture can help you feel better and more confident during a stressful interview.
8. Insulting your opponent before choosing rock, paper, scissors increases the likelihood that they will choose scissors.

9. When someone is showing or demonstrating something, slightly open your mouth (just by a centimeter) to appear intrigued and fascinated.
10. Never stand anywhere for more than 60 seconds and you'll always look busy. Also, walk fast.

When Life gets tough what do you do?

1. Choose to actively think better about yourself.
2. Choose to accept that you are more than any one broken piece of you.
3. Choose to evolve and start over when you must.
4. Choose to let go of things you don't need.
5. Choose to embrace daily discomfort, for the right reasons.
6. Choose to change your mantra from, "I have to be better," to "I will do my absolute best today."
7. Choose find gratitude in the present, despite the situation.
8. Choose to make others the center of your universe when you're feeling stuck.

What have you learned from your life till now?

1. Everybody has a chapter they don't read aloud.
2. The fish is killed by its open mouth.
3. Problems end up in the the hospital, prison or the morgue. Everything else is just an inconvenience.

4. If you don’t heal what hurt you, you will bleed on people who didn’t cut you.
5. Let go or be dragged.
6. Let go of what doesn't serve you to make space for what does.
7. The road of life if paved with flat squirrels that couldn't make a decision.
8. Every dollar you spend is a vote for the kind of world you want to live in.
9. You cannot have a rational argument with an irrational person.
10. If you live off people's compliments, you'll die from their criticism.
11. Normal is just a setting on the washing machine.
12. Worrying is a waste of your imagination.
13. You don't notice your progress in life because you are always raising the bar.

What psychological tricks and hacks are useful to know?

1. When you hang up on someone, do it while you are talking.
2. If you make eye contact with a teacher before you cheat, start picking your nose.
3. Offer somebody gum but don't take a piece for yourself.

4. If you're trying to go through a crowd of people and nobody's moving, start dry heaving like you are about to throw up.
5. Look left -------> You failed.
6. If you want people to listen to you, talk more quietly, not louder.
7. If someone makes an offensive joke, pretend you did not understand the joke and keep asking them to explain it further.
8. Try repeating the last word of ever sentence someone says, they will explain everything little by little.
9. If you're lying, always include some detail that is embarrassing to you. It makes your story far more believable.
10. Do a double take when walking by someone and then, politely and quietly, ask, "Did you wake up late this morning?" Gets in someone's head without being aggressive.

What are some of the unknown facts that are true?

1. Going to work is statistically three times more dangerous than war.
2. Dead people can get goose bumps.
3. Velociraptors were slightly bigger than chickens.
4. Smelling apples or bananas can help you lose weight.

5. Of all the people in history that have reached 65 years of age, half of them are living right now.
6. Cashews are a fruit.
7. You replace every particle in your body every seven years. You are literally not the same person you were 7 years ago.
8. The inventor of the television banned TV from his home.
9. When the moon is directly overhead, you will weigh slightly less.
10. Mosquitoes are attracted to people who just ate bananas.
11. The liquid inside young coconuts can be used as a substitute for blood plasma.
12. If you were to remove all of the empty space from the atoms that make up every human on earth, the entire world population could fit into an apple.
13. Fifteen percent of the air you breathe in a metro station is human skin.
14. Human bodies contain small traces of gold.
15. Baby koalas are fed poo by their parents after they are born which helps them digest Eucalyptus leaves later in life.

What is the cleverest life hack you've learned?

1. Blinking until your eyes are too tired to blink anymore helps you fall asleep in 5 minutes.

2. Putting socks on before pants. Socks are like pant lubricants. Believe it.
3. Filter out any email that has "Unsubscribe" in it.
4. If you look like you know where you're going, you will almost never be stopped or questioned.
5. Use an accented letter as your passcode. No one will ever be able to guess it.
6. Holding down the space bar on my phone gives you total control of the cursor.
7. Saying something out loud helps you remember you did it.
8. Pump up the volume at any impromptu party by putting your smartphone in a bowl.
9. If you ever have to park in a city at night, park in front of a bank. They’re lit up and have cameras everywhere.
10. Mayonnaise has less calories if you snort it.
11. To avoid smeared frosting and clumps of cake breaking off, use a long string of unflavored dental floss to cut through a cake.
12. Toilet seat covers work great for facial oil blotting.
13. Putting black pepper on a cut will stop the bleeding immediately and help the clotting.
14. Glue a tiny mirror over the picture of you on your driver's license so when you hand it to the police, they get confused and arrest themselves instead.
15. If you bring a gun to the bank, you can withdraw more money than is in your account.

What is your one golden rule in life?

1. Love conquers all things except poverty and toothache.
2. Never assume people see the world as you do. Everyone has their own lens.
3. You are the CEO of your life, making boss moves every day.
4. Marriage: a friendship recognized by the police.
5. No one can make you feel inferior without your consent.
6. Cure for an obsession: get another one.
7. Life is like looking for your phone, most of the time it's in your hand.
8. Worrying is like paying a debt you don't owe.
9. Trying to look cool never makes you look cool.
10. The best way to appreciate your job is to imagine yourself without one.
11. Common sense is like deodorant. The people who need it most never use it.
12. Always forgive your enemies — nothing annoys them so much.
13. A true friend is someone that thinks you are a good egg even though he knows that you are slightly cracked.
14. Blood makes you related, loyalty makes you family.
15. If you stumble, make it part of the dance.

What is life?

Life is a Bundle of Emotions…

- *Emotions arise from two sources namely the body and the soul.*
- *The skill in life is all about how we differentiate the source of our emotions and how we manage it.*
- *When the body and soul emotions synchronizes to one with love, then it is enlightenment.*
- *Love is nothing but the sense of belonging.*
- *That sense of belonging to the supreme soul is blissful in nature.*
- *That blissfulness brings peace in life and the society as a whole…*

What psychological tricks to attract people?

1. People are more attracted to individuals who exhibit confidence and high self-esteem.
2. Physical attractiveness plays a significant role in initial attraction, but personality traits and behavior ultimately determine long-term attraction.
3. Similarity in interests and values increases the likelihood of attraction and compatibility.
4. Familiarity breeds attraction, as people tend to feel more comfortable and drawn to individuals they have interacted with before.
5. People are more attracted to those who demonstrate a sense of humor and the ability to make them laugh.

6. Body language and nonverbal cues can have a significant impact on attraction, as individuals tend to be drawn to those who exhibit open and approachable body language.
7. The mere-exposure effect suggests that individuals become more attracted to those they are repeatedly exposed to.
8. The availability heuristic suggests that individuals are more attracted to those who are perceived as being scarce or hard to obtain.
9. A person's scent can play a role in attraction, as certain pheromones may be perceived as attractive to others.
10. Individuals tend to be attracted to those who share their level of physical and emotional intimacy.
11. The reciprocity principle suggests that individuals tend to be attracted to those who show interest and attraction towards them.
12. People tend to be attracted to those who exhibit kindness and empathy towards others.
13. The halo effect suggests that individuals are more likely to be attracted to those who possess desirable qualities, even if they may lack in other areas.
14. People tend to be attracted to those who are perceived as being successful and accomplished in their careers or personal lives.
15. The similarity-attraction hypothesis suggests that individuals tend to be attracted to those who are similar to themselves in terms of demographics, personality, and values.

16. Physical touch, such as holding hands or a gentle touch on the arm, can increase attraction and foster feelings of closeness and intimacy.
17. People tend to be attracted to those who exhibit confidence and assertiveness in social situations.
18. The balance theory suggests that individuals tend to be attracted to those who share their attitudes and beliefs, while avoiding those who hold conflicting views.
19. Physical proximity can increase attraction, as individuals tend to be drawn to those who are in close proximity to them.
20. People tend to be attracted to those who are attentive and responsive to their needs and emotions.
21. The similarity-attraction hypothesis suggests that individuals tend to be attracted to those who are similar to themselves in terms of demographics, personality, and values.
22. Physical touch, such as holding hands or a gentle touch on the arm, can increase attraction and foster feelings of closeness and intimacy.
23. People tend to be attracted to those who exhibit confidence and assertiveness in social situations.
24. The balance theory suggests that individuals tend to be attracted to those who share their attitudes and beliefs, while avoiding those who hold conflicting views.

25. Physical proximity can increase attraction, as individuals tend to be drawn to those who are in close proximity to them.
26. People tend to be attracted to those who are attentive and responsive to their needs and emotions.
27. The mere-thought effect suggests that individuals may become more attracted to someone simply by thinking about them or being reminded of them.
28. People tend to be attracted to those who are perceived as being trustworthy and reliable.
29. The similarity-attraction effect suggests that individuals are more likely to be attracted to those who are similar to them in terms of physical appearance, personality, and interests.
30. People tend to be attracted to those who exhibit a sense of passion and enthusiasm towards their hobbies and interests

Theories about Social interactions

There isn't a universally agreed-upon set of "natural laws" governing social connections, and the understanding of social connections is complex and multifaceted. However, there are several theories and perspectives that attempt to explain and understand the dynamics of social connections. Here are some notable theories:

1. Social Exchange Theory: This theory posits that social interactions are based on the principle of reciprocity.

Individuals engage in social relationships that offer rewards and minimize costs, and the strength of a relationship is determined by the perceived benefits.

2. Social Identity Theory: Developed by Henri Tajfel, this theory suggests that people categorize themselves and others into social groups, leading to in-group favoritism and out-group bias. Social connections are influenced by one's identification with a particular social group.

3. Social Capital Theory: This theory focuses on the idea that social connections have inherent value, akin to economic capital. It emphasizes the importance of networks and social relationships in achieving goals and accessing resources.

4. Attachment Theory: Proposed by John Bowlby, this psychological theory suggests that early attachments formed in childhood significantly influence later social connections. It explores how people form emotional bonds and the impact of these bonds on future relationships.

5. Social Network Theory: This theory views social connections as a network of relationships. It explores the patterns of social ties, the strength of connections, and the impact of network structure on social behavior.

6. Social Cognitive Theory: Developed by Albert Bandura, this theory highlights the role of observational learning and cognitive processes in the development of

social connections. It emphasizes the importance of modeling and imitation in social behavior.

7. Dunbar's Number: Proposed by anthropologist Robin Dunbar, this theory suggests that there is a cognitive limit to the number of stable social relationships an individual can maintain. This limit is often estimated to be around 150, known as Dunbar's number.

8. Structural Hole Theory: Developed by sociologist Ronald S. Burt, this theory emphasizes the role of individuals who bridge structural holes in social networks. These individuals, known as brokers, have the potential to access diverse information and resources.

9. Social Penetration Theory: Developed by psychologists Irwin Altman and Dalmas Taylor, this theory describes the process of relationship development as a gradual and systematic penetration of interpersonal layers. As individuals disclose more about themselves, social connections deepen.

These theories provide different perspectives on how and why social connections form, develop, and influence individuals and societies. It's essential to note that these theories are not mutually exclusive, and multiple factors may contribute to the complexity of social connections.

What are some of the best life tips?

1. If you need to get up in the middle of the night keep one eye closed so that when you flip on the lights it stays attuned to night vision.
2. To untie stubborn knots, twist and push inwards.
3. Hold down the "close door" button and press your destination. The elevator will skip all calls en route to that floor.
4. Always poop on company time. This way, at the end of the year, you will have earned like 2 workdays pay by pooping.
5. When taking a picture, squint your eyes to make your smile look much more genuine.
6. If you want to attract better people, sharing your vision can be charming.
7. If you chew a certain flavor of gum while you study and then chew that same flavor of gum during a test, you are more likely to remember.
8. Being able to tell if a AA battery is dead by dropping it on its bottom and seeing if it sticks the landing or bounces. If it bounces, it’s dead.
9. A vegetable peeler can peel both up and down, not just down.
10. Use private mode for hotel and flight research to avoid potential price increases caused by previous site visits.
11. Keep a spare hat and set of keys on your desk, giving the impression that you're still around.
12. The water-before method makes it harder for the pills to stick to your tongue & basically lubricates its path down the rest of your throat.

13. When someone is tailing you on the highway, clean your windshield and they back off because of the spray on their car.
14. Tying a knot on the corners of the top sheet and tucking it under the fitted sheet so it stays in place.
15. If you press lock button twice on your phone while Youtube is on, it will continue to play while your phone is locked.

Most Disturbing/Interesting Fact You Know

1. Water bottle expiration dates are for the bottle, not the water.
2. You're more likely to become president than you are to win the lottery.
3. The inventor of the frisbee was turned into a frisbee after he died.
4. You have taste receptors in your anus.
5. Humans are slightly bioluminescent and have stripes that can be seen under UV light!
6. Human corpses can move more than one year after death.
7. Newborns can’t shed tears.
8. There were more people killed taking selfies than killed by sharks last year.
9. The brain is the fattest organ.
10. Scientists grew a human tooth from scratch using pee.
11. Herring fish communicate by farting.

12. Laid end to end, an adult’s blood vessels could circle the Earth at the equator four times.
13. There’s a bacterium that poops gold.
14. Abbreviate Neil Armstrong's name as Neil A. and then say it backward.
15. Right handed people, on average, live nine years longer than left handed people.

What difficult truth did you finally accept?

1. As a kid happiness is true bliss, as an adult happiness is just comfortability.
2. Time doesn't heal wounds, it builds scar tissue.
3. Your parents can be amazing people who want the very best for you and still be at the source of your trauma.
4. If you're being attacked, others will attack you so they don't get attacked.
5. Earth shattering things can happen more than once and time won’t stop for you to process them.
6. You are the cause of most of the problems in your life.
7. You'll compromise so much in your life you'll forget what you ever really wanted for yourself.
8. Everyone must choose one of two pains: the pain of discipline or the pain of regret.
9. You are the main character in your life but you're just an extra in everyone else's.

10. You don't get what you deserve, you get what you negotiate.

What do you do when you can't cope with life anymore?

1. Tell yourself that blessings and misfortunes depend on each other, and the current predicament is not necessarily a bad thing entirely.

2. Block out external comments and face your own feelings. Think more about what you like and hope for, rather than what you should accomplish and achieve.

3. Lower your requirements for yourself. Life is for experience, not for perfect performance.

What golden advice did you learn in your life?

1. Being an adult is like folding a fitted sheet. No one really knows how.
2. Nothing sucks more than that moment during an argument when you realize you’re wrong.
3. Friendship is like peeing on yourself: everyone can see it, but only you get the warm feeling that it brings.
4. Never look down on someone unless you're helping them up.
5. Worry is the ultimate bully. It takes everything, and gives nothing.

6. Life is like riding a bicycle. To keep your balance, you must keep moving.
7. You might be the sweetest peach on the tree, but some people just don't like peaches.
8. Life is pleasant. Death is peaceful. It's the transition that's troublesome.
9. Two wrongs don't make a right, but they make a good excuse.
10. A clear conscience is a sure sign of a bad memory.
11. Life is like a sewer… what you get out of it depends on what you put into it.
12. When you meet somebody for the first time, you're not meeting them. You're meeting their representative.
13. Light travels faster than sound. This is why some people appear bright until you hear them speak.
14. The quickest way to double your money is to fold it and put it back in your pocket.
15. Be happy. It really annoys negative people.

What is the biggest lesson that life has taught you?

1. To be old and wise, you need to first be young and stupid.
2. True friends stab you in the front.
3. No one is born with an instruction manual.
4. It's not selfish to put yourself first.
5. You can't trust dogs to watch your food.

6. Everything is funny, as long as it's happening to somebody else.
7. Short cuts make long delays.
8. If you're too open-minded, your brains will fall out.
9. Don't take criticism from someone you wouldn't ask for advice.
10. The hardest work anyone does in life is to appear normal.
11. Life is like going to a party – dance even when you don't feel like it.
12. Do not take life too seriously. You never get out of it alive.

What is the deep secret of life?

1. Although we don't want to admit it, we're all secretly aiming at the same uncanny goal; Immortality.
2. The answer to what you're looking for is not far away from you. In fact it's hidden deep within you and dares you to find it. But you must find yourself first.
3. Confidence is built by facing your fears head on.
4. Two things define you: your patience when you have nothing and your attitude when you have everything.
5. The way you speak to yourself matters the most.
6. Life is not a problem to be solved, but a reality to be experienced.

7. As you grow older you will soon discover that you have two hands; one for helping yourself, the other for helping others.
8. Sometimes you can't see yourself clearly until you see yourself through the eyes of others.
9. There are no mistakes in life; only life lessons.
10. The only way to find the meaning of life is to create it.

What social skills can I learn from your experiences?

1. Never say “No” for any favour asked, immediately, to anyone. Ask for some time to think, and later on reply negatively.
2. Never share your secrets with the person who shares the secrets of other people with you.
3. Be the first one to smile in a metro, in your office, anywhere.
4. The less you speak, the more curious people get. So, keep your mouth shut if you want to be interesting.
5. Be the first one to initiate a hand shake. And make sure it's firm.
6. Don't interrupt in a conversation. Listen politely.
7. Always keep your voice low.
8. Keep your mouth closed when you chew food.
9. Hold your significant other's hand whenever attending a meet up or a function. It shows the strength of your relationship.

What's the best life advice that someone gave you?

1. You are allowed to change the price of what it costs to access you.
2. No one can compete with you on being you.
3. Remember to learn your limits, because the takers don't have any.
4. You will bloom if you take the time to water yourself.
5. Don't judge someone's story by the chapter you walked in on.
6. You cannot speak butterfly language with caterpillar people.
7. Don't caught up on what could have been. If it should have been, it would have.
8. Avoid the temptation to make choices that are familiar but no longer serve you.
9. You can't reach what's in front of you until you let go of what's behind you.
10. Be yourself. So that the people looking for you can find you.

What is the best advice you've received?

1. You can mute people in real life too. It's called boundaries.
2. Cut off people who always want a 'Yes' from you.

3. Wait for the one, but don't wait for someone to be the one.
4. You can't start the next chapter of your life if you keep re-reading the last one.
5. Plant flowers in people's yards who are going to water them.
6. Your standards should never be compromised for the sake of a relationship.
7. Remember who checks on you when you get a little quiet. Those are your people.
8. If it's out of your hands, let it out of your mind too.
9. You have to unfollow people in real life.
10. Treat yourself like a good pastry, baked to perfection.

By age 35 You should be smart enough to realize this:?

1. **Stay silent.** Not everything needs to be said.
2. **Silence** is better than unnecessary drama.
3. If you find someone **smarter than you,** work with them, **don't compete**. Competition is a weakness.
4. The **family you create** is more important than the family you come from.
5. Your **current job doesn't care** about you. They only pay you enough to **kill your dreams.**

6. Free yourself from **society's advice**, most of them **have no idea** of what they're doing.
7. **Influence** most people drift through life. They have no purpose, no direction, and zero intent. **Learn their needs. Lead them.**

8. It's better to have 1 friend who's;

- **Happy for you**
- **Supports your win**
- **Encourage your dreams**

Than a bunch of acquittances who are

- **Lazy**
- **Self-centered**
- **Jealous of your success**

9. You'll be **10x happier** if you forgive your parents and stop blaming them.

10. No one will ever come save you. **Your life is 100% your responsibility**.

11.Your inner circle should be more focused on **money, success, and starting a family.**

12.You don't need **100 self-help books**. All you need is actions and self-discipline.

Believe in your heart and soul that you are capable of big things in your life.

The only thing that is standing in your way is yourself.

What are the lessons people learn after a breakup?

1. A relationship without friendship is like a house without a foundation; it will crumble sooner or later.
2. Repainting things doesn't repair them; it just creates a temporary sense of comfort until the paint wears off and the issues become visible once again.
3. The relationship with all its intricacies is like a thread; the longer you wait to deal with the issues, the more difficult it'll be to untangle them.
4. If someone truly loves you, they won't ask you to abandon your individuality and become the person they want you to be.
5. A good relationship makes you feel at home rather than in a prison cell.
6. When you feel like something's wrong, don't ignore it; sometimes your intuition catches all the red flags even before your brain does.
7. Compromises are like building blocks of a relationship; the more of them you can find, the sturdier your relationship will be.
8. A good partner may not necessarily love all your flaws, but they'll definitely love you despite them.
9. The moment someone asks you to prove your love to them is the very same moment you should consider leaving them.

10. Expecting too much from a relationship can be just as bad as expecting too little, as the first one can make you excessively demanding to the point of being unrealistic, while the second one can make you settle for less than you deserve, both of which will eventually destroy the relationship.

Life Lessons You Have Learned After Lots Of Troubles?

1. Seek advice from people who have achieved what you want in life.
2. Be your own hero instead of waiting for someone else to save you.
3. Accept people for who they are, not who you want them to be, to avoid disappointment.
4. Don't make others choose you; learn to enjoy your own company.
5. Control your emotions and stay calm in any situation.
6. Give people time to reveal their true selves.
7. Focus on yourself and mind your own business to find inner peace.
8. Take care of yourself because the world will keep moving, even if something happens to you.
9. Work hard to improve yourself, even if it feels like nobody cares.
10. Build your own dreams instead of relying on others to give you purpose.

11. Ignore society's advice if it doesn't align with your goals.
12. Life doesn't wait for you to be okay, so keep pushing forward every day.
13. Enjoy the freedom of not sharing everything about yourself.
14. Disconnect from the news and avoid discussing politics to feel smarter.
15. Create your own opportunities instead of waiting for them to come to you.

12 Signs that you have a strong mentality?

1. You rarely expect from others.
2. You have a balance between emotion and intelligence.
3. Nothing angers you so easily.
4. You are serious about your and others' boundaries.
5. You can normalize apology if needed.
6. You don't take criticism negatively.
7. You are willing to change when necessary.
8. You are aware of your limitations.
9. Comfort zone doesn't limit you.
10. You are consistent in your actions.
11. You balance self-acceptance with self-improvement.
12. You accept personal responsibility for your choices.

What is the most intelligent one liner you have come across?

1. At the end of the game, both the king and the pawn go into the same box.
2. You're always being watched by your future self through their memories.
3. Don’t blame a clown for acting like a clown. Ask yourself why you keep going to the circus.
4. Build a man a fire, and he'll be warm for a day. Set a man on fire, and he'll be warm for the rest of his life.
5. Nothing in nature blooms all year ‘round. Don’t expect yourself too.
6. The game is rigged, but you cannot lose if you don’t play.
7. To worry is to pay a debt of misery that may never come due.
8. You don’t drown because you fall into the water, but because you stay in it.
9. The road of life is paved with flat squirrels who couldn’t make a decision.
10. Do not regret growing older. It is a privilege denied to many.
11. Never play chess with a pigeon. It knocks all the pieces over, shits all over the board and walks around like its won.
12. What other people say about you, says more about them.
13. If every pork-chop were perfect, we wouldn't have hotdogs.

14. We avoid taking risks in life only to make it safely to death.
15. Everything in moderation. Especially, moderation.

What kind of person hides behind rules/convulation and bureaucracy?

A person who hides behind rules, convolution, and bureaucracy often exhibits behaviors associated with a variety of characteristics. It's essential to note that motivations can vary, and not everyone who engages in such behavior has negative intentions. Here are some traits or motivations that might lead individuals to rely on rules, convolution, and bureaucracy:

1. **Authoritarian Tendencies:** Individuals with authoritarian tendencies may use rules and bureaucracy to exert control and maintain a structured hierarchy. They may seek to enforce their authority and limit autonomy.
2. **Fear of Ambiguity:** Some people are uncomfortable with ambiguity and uncertainty. They may hide behind rules and bureaucracy as a way to create clear guidelines and avoid making subjective decisions.
3. **Avoidance of Accountability:** A person who avoids taking responsibility for decisions or actions might use convoluted rules or bureaucratic processes to deflect blame or accountability onto established systems.

4. **Resistance to Change:** Individuals resistant to change may cling to established rules and bureaucratic structures to maintain the status quo. Change often disrupts routines, and some may find comfort in established processes.
5. **Power Play:** Those who seek to consolidate power may use complex rules and bureaucratic systems to create barriers, limiting access and decision-making to a select few. This can serve as a means of consolidating control.
6. **Lack of Transparency:** A person who lacks transparency in their actions or decisions may create convoluted rules or bureaucratic processes to obscure their true motivations or actions.
7. **Insecurity:** Insecure individuals may rely on rigid rules and bureaucracy as a way to mitigate their fear of making mistakes or facing criticism. Strict adherence to established processes can provide a sense of safety.
8. **Bureaucratic Inefficiency:** In some cases, bureaucratic processes may be unintentionally inefficient due to organizational structures or lack of streamlined procedures. Individuals may hide behind this inefficiency to avoid addressing systemic issues.
9. **Overly Legalistic Approach:** Some individuals may adopt an overly legalistic approach, using complex rules to create an appearance of legality and authority, even when it may not be necessary or relevant.

10. **Risk Aversion:** Those who are risk-averse may implement numerous rules and convoluted processes to minimize potential risks. However, an excessive focus on avoiding risks can stifle innovation and growth.

It's important to approach these observations with a degree of nuance, recognizing that individual motivations can be complex and multifaceted. Additionally, organizational cultures and systemic issues can contribute to the prevalence of convoluted rules and bureaucracy. Addressing these issues often requires a thoughtful and comprehensive approach that considers both individual and systemic factors.

What are some things that are too expensive to learn at young age?

1. **Financial Management and Budgeting:** Understanding budgeting, saving, and making informed financial decisions often requires firsthand experience with income, expenses, and long-term financial goals.
2. **Delayed Gratification:** To delay immediate rewards for long-term gains requires a developed prefrontal cortex, associated with impulse control and decision-making. Young individuals may struggle with this as their brains are still maturing.
3. **Time Management and Prioritization:** Setting priorities, and balancing

various responsibilities are practical skills that develop with experience.

4. **Emotional Regulation:** *Complex emotional regulation and coping strategies often involve self-awareness and an understanding of one's emotional triggers.* These skills tend to develop with age and varied life experiences.

What are the signs that indicate someone is a brilliant man?

Look for these:

1. **Emotional Regulation**: Mature men are adept at regulating emotions and demonstrating emotional ***intelligence***.
2. **Openness to Feedback and Growth**: Open to constructive ***feedback*** and actively seek personal and professional growth opportunities.
3. **Healthy Interdependence**: Recognizing the importance of ***healthy***relationships while maintaining their autonomy.
4. **Delayed Gratification**: Maturity often involves the ability to delay immediate gratification for long-term ***pursuits***.
5. **Integrity and Honesty**: Mature individuals adhere to a strong ***moral*** and ***ethical*** code, valuing honesty in their actions and interactions.

Not to mention, integrity, honesty, prioritizing well-being, the ability to adapt, compassion, and responsibility for actions.

I can't recognize intelligent people, how do I recognize them?

Here are some low-key signs of highly intelligent people:

1. Most of them have the habit of staying up late into the night.

2. They may have bad handwriting because of the trouble with their mouth and hand keeping up.

3. They have unusual, out of the box, apparently 'crazy' ideas.

4. They're prefer to be with their own company.

5. They're brutally honest with what they don't know.

6. They can talk to people they don't like and hear ideas they don't agree with and not get emotional.

7. They have a twisted sense of humor. They are most likely to enjoy and understand dark humor.

8. They have good body memory. Their bodies can pick up routines faster than others.

9. They use the Keanu behavior to boost intelligence.

Keanu Reeves says highly intelligent people play a game. They try to be wrong once in a while. They practice being wrong more often to reset their egos.
10. They can explain difficult matter in an easy way.

11. They can make connections between seemingly unrelated subjects.

06 Uncomfortable truths everyone should accept in life?

1. **Everyone Will Die:** No matter how healthy or safe we live, mortality is inevitable.
2. **People Aren't Always Honest:** Even those close to us may lie or hide truths for various reasons.
3. **We Can't Control Everything:** No matter how much we plan, unforeseen events can and will occur.
4. **Everyone Makes Mistakes:** No one is perfect, and everyone will make errors in judgment or action at some point.
5. **Change is Inevitable:** Whether we like it or not, everything changes — friends, circumstances, our bodies, and our environments.
6. **Pain is a Part of Life:** Physical, emotional, and psychological pain is inevitable at various points in our lives.

14 ways to make your personality stronger?

1. Never go back to the person who cheated on you.

2. Never let anyone disrespect you.

3. Never shake a hand sitting down.

4. Never go broke to impress others.

5. Never eat the last piece of something you didn't buy.

6. Always have the ambition to be better.

7. Protect who is behind you, and respect who is beside you.

8. Take a 1-5 seconds pause after getting asked a question.

9. Work out at least 4x a week.

10. Don't beg for a relationship.

11. If you are not invited, don't ask to go.

12. Dress well, no matter the occasion.

13. Listen, nod, and, most of all, make eye contact while talking to someone.

14. Make multiple streams of income

The 10 Most Difficult Things to Learn and Accept About Life

1. People usually aren't listening. They are either thinking of what *they* are going to say next, or something else entirely.
2. Everyone is insecure about something, it's not just you.
3. You are going to die no matter what.
4. Your kids will experience hardship.
5. The bigger an organization is, the harder it is to make a change even if the need is so obvious.
6. Some people are bad and have bad intentions.
7. Many people (not all) will steal $100 from you today even if it means missing the opportunity to earn $1000 from you next week.
8. You will never be 100% sure about decision ever. But always make a decision because it's better to go back and fix it than to never make it at all.
9. There is ALWAYS someone who makes more money than you, is more fit, has a better looking spouse, has an easier life, good

things happen to them. Usually more than just one.

10. How you react to an event, problem, emotion, or anything, is more important than the actual event, problem, emotion or whatever. You cannot control your emotions, you cannot control others, all you can control is how you are going to react. Sometimes it's easy but usually it's really really hard.

What are some golden advice you want to give for free?

Here are some pieces of golden advice that I offer for free:

1. **Invest in Self-Discovery:**Take time to explore and understand yourself. Knowing your values, strengths, and passions can guide you towards a more fulfilling life.
2. **Embrace Growth Mindset:**See challenges as opportunities for growth. Cultivate a mindset that views setbacks as valuable learning experiences rather than insurmountable obstacles.
3. **Prioritize Mental Well-Being:**Mental health is as important as physical health. Practice self-care, seek support when needed, and prioritize activities that promote emotional well-being.

4. **Build Resilience:**Resilience is the ability to bounce back from adversity. Strengthen your resilience by developing coping strategies, maintaining a positive outlook, and learning from setbacks.
5. **Cultivate Healthy Relationships:**Surround yourself with people who uplift and support you. Cultivate healthy relationships built on trust, communication, and mutual respect.
6. **Set Boundaries:**Learn to set and enforce healthy boundaries in various aspects of your life. Boundaries are essential for maintaining well-being and fostering positive relationships.
7. **Embrace Continuous Learning:**Life is a journey of learning. Stay curious, be open to new ideas, and embrace opportunities for personal and professional growth.
8. **Practice Gratitude:**Cultivate a habit of gratitude. Regularly acknowledging and appreciating the positive aspects of your life can enhance your overall well-being.
9. **Take Action Despite Fear:**Fear is a natural part of life. Don't let it paralyze you. Take calculated risks and move forward, even when faced with uncertainty.
10. **Live Authentically:**Be true to yourself. Live in alignment with your values and beliefs, even if it means going against societal expectations.
11. **Foster Financial Literacy:**Understand and manage your finances wisely. Develop good financial habits, save for the future, and make informed decisions about money.

12. **Practice Mindfulness:**Cultivate mindfulness through practices such as meditation or mindful breathing. Being present in the moment can reduce stress and enhance overall well-being.
13. **Celebrate Small Wins:**Acknowledge and celebrate your achievements, no matter how small. Recognizing progress fosters a positive mindset and motivation for future endeavors.
14. **Be Kind to Yourself:**Treat yourself with the same kindness and compassion you would offer a friend. Avoid harsh self-judgment and practice self-compassion.
15. **Contribute to Others:**Find ways to contribute to the well-being of others. Acts of kindness and generosity not only benefit others but also bring a sense of fulfillment and purpose.

Harsh Realities Everyone Must Know About Relationship

One harsh reality variable Ive reluctantly decoded...

there is a pattern that arises in relationships from friendships to co worker/colleague relationships. Even our familial relationships turned Situationships. Often it seems that the individuals that we shouldn't invest time and energy into developing bonds with. Are often the very ones we become broken by. attempting, over time to feed and bring balance. Also, it seems at times that the person's that turn out to be a terrible agonizing fit for us. Are unconsciously/consciously coming between

those personalities that are conducive and complement one another.

In other words the friends that in end prove indeed to be malignant company. Stand in the way of men/women, that would truly be invigorated and revitalized by each other…sadest part, is the perfect match of friend, family, romantic partner, etc. Is unbelievably closer and startlingly more aware of u then u previously imagined…

Reflect mindfully and you may see the dynamic I speak of….

May PEAC€ & perpetual abundance of true personal fulfillment. Amplify, optimize, revitalize and bless you and yours.

10 Amazing things you need to understand about life

1. **Struggle Is Good**
   Never say "I can't take it anymore." Say "Bring it on!"
2. **Don't Complain**
   Complaining is the biggest waste of time there is. Either do something about it, and if you can't, shut up about it.
3. **Spend Time With People You Love**
   That's your family and best friends. If you don't have a family, create one. Most people in life are only visitors. Family is for life.

4. **Don't Start A Relationship If You're Not In Love**
   I've done this more than once. You kind of like someone and think: "We might as well give it a shot." Not a good idea. You're either in love, or you are not. Don't fool yourself. It's not fair to you and the other person.
5. **Exercise Daily**
   I didn't get this until recently. A healthy body is where you have to start everything in life. If you can't build a healthy and strong body, what CAN you build in life?
6. **Be Grateful**
   Say 'thank you' to everyone and everything. "Thank you for this beautiful day." "Thank you for your email." "Thank you for being there for me."
7. **Don't Care About What People Think**
   We all die in the end, do you really think it matters what people think of you?
8. **Take More Risks**
   Don't be such a wimp.
9. **Money Is Not The Most Important Thing**
   You have to train yourself not to care about money and focus on providing value instead. Also, don't become too dependent on the stuff you own — otherwise, the stuff will own you.
10. **Take Action**
    Don't just sit there, do something. Without action, there is no outcome.

What are hard truths?

1. Peope who consider suicide don't want to die, they just don't want to live like this.

2. Maintaining "decency" is one of the biggest pains of adulthood.

3. No grown woman tolerates games and no grown man plays them.

4. Many parents fail by treating their kids as side accounts in their life game.

5. Living the life you want isn't selfish, forcing others to live by your rules is.

6. Giving a second chance to someone who betrayed you is like offering them a second bullet after the first one missed.

7. Background checking in dating is simply complex and annoying. Get this app to meet verified high value people.

8. Relationship is not about who wants you, it's about who values and respects you.

9. In the workplace, everyone's job is replaceable.

10. If a person makes "money" their motto, they're left with neither money nor anything else.

11. No matter who you choose to live with, there will be a moment of regret.

12. Boundaries won't make you lose friends and relationships. They will make you lose pretenders and manipulators.

What are some psychological facts that people don't know?

1. You know what the screen you are watching would feel like on your tongue without even licking it.

2. It's possible for the the human brain to read an incorrect sentence properly by filtering out excessive words. For instance, there were two of the word "the" in the sentence you just read.

3. Your eyes can only move slowly if you're tracking an object, otherwise they just twitch into place.

4. Your body has enough energy to lift a car, but your brain manages and decreases your body's capabilities.

5. You can calm yourself down by splashing cold water on your face to trigger the diving reflex.

6. You hate the sound of your recorded voice because it's missing the low frequency you're used to hearing.

7. Some people think in pictures or scenes, some only in actual words.

8. Your brain operates on the same amount of power as a 10 watt lightbulb.

9. To check if someone is really sleeping, just blows air on their eyes. If they're faking it, they will flutter a bit.

10. We see everything upside down but our brain flips it right side up.

Personality Power Up: 14 Secrets to Magnetize Your Aura

1. Never go back to the person who cheated on you.

2. Never let anyone disrespect you.

3. Never shake a hand sitting down.

4. Never go broke to impress others.

5. Never eat the last piece of something you didn't buy.

6. Always have the ambition to be better.

7. Protect who is behind you, and respect who is beside you.

8. Take a 1-5 seconds pause after getting asked a question.

9. Work out at least 4x a week.

10. Don't beg for a relationship.

11. If you are not invited, don't ask to go.

12. Dress well, no matter the occasion.

13. Listen, nod, and, most of all, make eye contact while talking to someone.

14. Make multiple streams of income

What is something everyone should know?

1. You only spend your whole life with one person, which is yourself. If you don't like yourself, you will have an issue.

2. You can't fix everything that goes wrong in your life. Sometimes you just have to make the best of the situation and move forward.

3, You would worry less about what others think of you if you realized how seldom they do.

4. Reasonable minds can differ. There are very smart, well-reasoned people who disagree with almost every opinion and belief you have, and that's okay.

5. The world doesn't care if you are hurting or broken. It will run over you without blinking.

6. You won't ever reach an age where you will have things figured out completely.

The upside is that there is nothing to wait for; you are as qualified as you are going to get, and as confident as you let yourself be.

7. Just because you are busy doesn't mean you are accomplishing anything.

8. Sometimes love alone just isn't enough. You can be in a loving relationship with someone, but if the timing is wrong/you aren't on the same page in life, sometimes it just doesn't work no matter how much you love one another.

9. An inteligent person without motivation is like a bird without wings.

Don't be lazy, you will never be as happy as you could be otherwise.

10. It's okay to miss people you no longer want in your life

11. Lots of people still judge you based on your physical appearance.

12. People will treat you according to the way they see you. People will use you.

13. Some days you'll realize that your best friend isn't your best friend anymore.

Sometimes you realize you don't even know who they are.

14. You only get your loved ones for such a very short time. Love them, hug them, spend time with them. Time is love.

15. Just because you are biologically related to someone, doesn't mean that person should be treated like family

16. You feel like today was the worst day of your life. But there will be one even worse.

You feel like today was the best day of your life. But there will be one even better.

What is the most clever life hack you've learned?

1. Read more, or your mind will be only determined by the people around you.

2. If people dare to ask you for something, you should dare to say no.

3. If you see a product for free, then you are actually the product.

4. Spend your money with an investment mindset, focusing on the benefits, not the price.

5. Where commerce cannot reach, ignorance and war will.

6. No one will suddenly stop loving you, you just suddenly realize it.

7. It's not the shocking waves that swallow you up, it's those everyday routines.

8. Proud people are those who suffer from dark people yet still disdain becoming like them.

9. A tree only knows what kind of air suits it when it has grown to the height it wants to be.

10. What people need isn't necessarily practical advice but warm and comforting affirmation.

11. A king is worshipped not because he can manage relationships but because he is a king.

12. Whether words are understood depends on the authority of the speaker, not on the words themselves.

How could one determine that a person is trustworthy?

1. When someone is sharpening a knife while looking at you and smiling.
2. When someone keeps trying to reach for the wallet in your back pocket when they think you're not looking.

3. (Okay, I'll get serious now)
4. When someone tells you that you are amazing or their favourite person when they don't even know much. It's manipulation, and they will turn around into you being the devil the instant you haven't given them exactly what they want.
5. When they bitch about people behind their backs or that you don't personally know, making you look at them in a bad light before you've even made up your own mind about them.
6. When they try to force you to do things by making you uncomfortable. 'Come on, I bought you a drink, you can at least give me a kiss.'
7. When they are always the "victim" in every story they ever tell. The quote 'if you smell shit everywhere you go, maybe it's time to check under your shoe' carries weight.
8. When they only want to hang out with certain people because they have something to gain from them. 'Let's hang out with San, she will buy our drinks all night long!' and not 'Let's hang out with San, she's cool.'
9. When they tell you private things about other people because they're possibly doing to same to others about you.
10. When they keep reiterating how much of a "nice guy" they are. People who are nice don't need to say it 73 times.
11. When they constantly say hurtful or snake-type shit all the time but play it off as a joke and

claim that it's your fault for choosing to be offended.

You're a burglar but instead of stealing, you only do small things that will mildly inconvenience your targets. What do you do?

1. Every time they cough, a little bit of poo comes out and stains their underwear.
2. Every traffic light would turn red if they approach it.
3. In every video they watch, the audio and video won't match up by a second.
4. A small stone in their shoes that bothers them with each step.
5. An incessant itch in the middle of their foot.
6. Make them have the feeling of having to sneeze every other hour.
7. That they always have a spot they can't clean on their glasses.
8. Needing to take a piss every time just before they fall asleep.
9. After lying down on the couch, the remote would be *just* out of reach.
10. Stub their toes on furniture at least once a day.
11. Every video they try to watch will pause for buffering at its most climactic point.

12. Every time they try to tap on something on their phone, an ad pops up and redirects them.
13. Automatic sliding doors would always close as they approach.
14. Hears a mosquito buzzing right before falling asleep and never finding it.

What can you teach me that can be useful in my life?

- People who eat chocolate every day in their diet lose 10% more weight than people who don't.
- You swallow eight spiders a year while sleeping. Cover your mouth and sleep!
- Kissing a toad won't turn it into a handsome prince but touching a toad can give you warts.
- If you swallow gum, it stays in your stomach for seven years. Don't chew gum, kids.
- Cracking your knuckles causes arthritis. So don't you pop them again.
- You need to drink eight glasses of water every day.
- You'll get muscle cramps if you go swimming right after you eat.
- Adding salt to water makes water boil faster. Use this to your advantage whenever you need a quick mug of boiled water.
- *All the "facts" I stated above are false.*
- You don't swallow spiders while you're asleep, cracking your knuckles has absolutely nothing

to do with arthritis, and the difference that salt makes to boiling water is negligible.
- Also, chocolate will only make you fatter.

What can you teach me that can be useful in my life?

You shouldn't automatically believe everything you read on the internet, period.

Because people upload lies just as easily as they do facts.

Everything you read was written by someone, and therefore you should always assume that the source is imperfect at best.

They could be mistaken. Or they could be lying to you outright.

You have to decide that.

Because of the Internet, anyone has access to just about anything. But the Internet itself doesn't make any distinction between good information and bad information.

So for whatever you read, wherever you read it, and whoever wrote it, it is appropriate to apply critical thought and unbiased analysis of the facts.

You are the reader, and it is up to you to distinguish good information from bad.

What life advice would you give to a 17-year-old?

1. He/she/they is/are (most likely) not “the one”.
2. Pay attention to the way your friends talk about your mutual friends to you. This is exactly the way they speak of you to them.
3. If you have a secret that you don’t want to get out, don’t tell a single person. No, not even your best friend. Nobody.
4. If your parents have concerns about someone you’re dating or one of your friends, pay attention and listen to them. They are rarely wrong about this.
5. If a senior makes a joke about you, laugh it off.
6. Don't be afraid to be “the weird kid”, be open to other peoples opinions, even if you don't agree, meet people, pay attention.
7. Except for education. Not taking that seriously squanders potential.
8. Forgive yourself when necessary. It’s high school, you’re probably going to do something stupid.
9. If you have even a remote interest in joining something, try it out, but don’t be ashamed if it ends up not working out and you end up quitting.
10. It’s ok to grow apart from your friends from middle school and make new ones.

11. You won't remember 90% of the people you went to high school with a few years after you graduate.
12. Joining clubs or extra-curricular activities are great ways to make friends who share your interests.
13. Don't slack off on grades thinking you'll have time to pull them up.
14. If you're struggling, tell someone. Keep reaching out until someone really hears you.
15. And look, honey, once you graduate nobody will remember the clothes you wore, your hairstyle, or the shoes you had.
16. The labels and cliques will be forgotten, nobody will care.
17. Be open and kind to everyone, find your REAL friends, hold them close and do your best to ignore all of the superficial crap because those are the friendships that will be the most valuable after high school.

Signs That A Teenager Is Suffering From Depression

- Trying to make other people happy to requite for how shitty they feel. You wouldn't know that some people suffer daily from depression because they're always joking and trying to make others happy.

- Boredom. Everything feels like the 6th consecutive hour of a television ad being played over and over again.
- The most exciting things or things you love the most feel like a total drag. I used to love reading, and now I can't read 5 pages worth without getting bored.
- Not being able to think ahead in time. This can be because they don't see a point in doing that.
- Irritability and likelihood to be unreasonably bitter.
- Memory loss. Trouble thinking, concentrating and remembering. I feel so stupid and unable to focus that I find it hard to accept there was ever a time when I could do things well.
- Change in eating habits. Loss of appetite or a sudden surge to eat a lot.
- Getting no sleep at all and staying awake at night although they feel tired as heck.
- Social withdrawal. I can't carry conversations unless provoked. One word sentences become normal. My parents think it's just being in a "bad mood" but it's really because I want to be left alone to wallow in my own misery.
- Or sleeping more than usual in order to avoid being awake.
- Food suddenly starts to taste bland. Some are okay but a lot of food tastes like cardboard or is just "off".
- Finding several methods to cause yourself pain without making obvious marks.

- Resisting help or treatment. There's a weird, almost paradoxical comfort in being depressed. Often, you'll justify that you deserve to feel hurt. You might actively push away others who try to help or even lash out at them.
- Brain-fog. Not fun. Months feel like weeks and you struggle to remember specific things you did just a week ago.

What are the tips to increase brain function?

1. Exercise regularly

- walking
- yoga
- hiking
- bodyweight workouts

2. Get enough sleep

3. Meditate

- use meditation apps
- listen to guided meditation videos
- attend a meditation class

4. Drink coffee

5. Drink green tea

6. Eat nutrient-rich foods

7. Play an instrument

- auditory perception
- physical coordination
- memory
- pattern recognition

8. Read

- attention
- predicting
- working memory
- long-term storage memory
- abstract reasoning
- comprehension
- visual processing of letters

9. Continue learning

- listen to podcasts
- watch TED talks
- attend lectures or workshops
- pick up a new hobby
- learn a new language
- read books on a new subject

10. Socialize

- volunteer in your community
- join a club, gym, or sports team
- take a class
- join a book club
- reconnect with old friends

What psychological trick changed your life?

1. Try faking a laugh if you don’t feel happy. Your brain won’t notice that it's faked.

2. If you doubt someone peeping at you, look at your wrist. They will do the same if they really are.

3. If you must lie, use 20% lies along with 80% truth.

4. If you want someone to agree with you, nod while you're talking.

5. If you announce your goals to others you're less likely to succeed.

6. lf someone interrupts you while you're talking, carry on talking they will feel awkward and shut up.

7. If you want to be more productive, work in a blue room.

8. If you have a plan B, your plan A is less likely to succeed.

9. Speak quickly to get an argument opponent to agree with you.

10. Your eyes dilate when talking with someone you love.

Using Orgone Energy to Manifest Your Intention

The power of thought is amplified with the power of life force. It is the power to manifest what you want in life. It is the advantage over chance alone. It is magick without the ritual, scientifically dissected into a practical application of altering reality in small degrees with thoughtforms. Many small degrees of alterations add up over time to cause a big change in your personal and world reality. The power to create change in accordance with will is magic. The more changes you can make the more magic you wield.

All things are composed of something. That also goes for concepts such as success, control of your life, empowerment and manifestation of desires. When given shape through focused thoughts, abstract concepts become thoughtforms in the astral world. A thoughtform is a non physical reality, which when provided with specifically encoded continuous Life Force, gains vibratory density and materializes in your life. A fully materialized thoughtform is the fulfillment of a goal or desire which you created.

Utilizing the necessary Psychic Energy which is Orgone Energy or Life Force, combined with specific Etheric Information, you can convert normally abstract concepts such as success or self-improvement, effectively solidifying them so that they materialize in your life exactly as you choose. Everything everywhere is in a state of vibration. Existence in third dimensional reality, where

we presently live, vibrates at a slower rate therefore third dimensional reality is vibrationally denser than other levels.

The best quotes from Meditations by Marcus Aurelius:

- *"The best revenge is not to be like your enemy."*
  Don't seek revenge on those that wronged you. Try to rise above the situation and treat it wisely. Show your adversaries that you are better than them and that you are not at their level. You will set an example of moral strenght and resilience. Respond to hostility with wisdom.
- *"Today I escaped anxiety. Or no, I discarded it, because it was within me, in my own perceptions, not outside."*
  Our emotions relate to our internal perceptions and the way how we think. Marcus Aurelius teaches us that we don't have full control over external events, but we have control over our reactions and perceptions. Stoicism ecourages to focus on what you can control (thoughts and reactions).
- *"You always own the option of having no opinion."*
  Marcus Aurelius highlights the fact that every individual is possessing his judgement/opinion without a need to express it as it is within our control. "You always own" creates a sense of

ownership and control over your mental resources.

- *"The things you think about determine the quality of your mind. Your soul takes on the color of your thoughts."*
  In this quote a Stoicism principle is highlighted: the immense power we have over our thoughts in shaping their quality. The quality of your mind is determined by the positive and rational thoughts.
- *"You could leave life right now. Let that determine what you do and say and think."*
  This quote reminds us of the nature of our existence. Stoicism encourages gaining perspective on life by contemplating one's mortality. The philosophy remarks a high value on virtue, wisdom and justice, considering you could leave life at any moment. Make decisions with the awarness that life is fragile and valuable.
- *"You don't have to turn this into something. It doesn't have to upset you."*
  It's not events themselves that disturb us, but our judgments about them. What is within our control is our response and interpretation. Rather than getting carried away by emotions, one can observe them, understand them, and choose not to let them dominate one's state of mind.
- *"Someone despises me. That's their problem."*
  External opinions should not impose one's sense of self-worth. Don't be attached to

external circumstances, including the approval or disapproval of others.

- *"Get back up when you fail. Celebrate behaving like a human."*
  This quote reflects the Stoic principle of resilience. Stoicism encourages individuals to understand that failure is a natural part of the human experience. You need to accept human imperfection. Failure needs to be considered a normal aspect of the life, which you can learn from. Every human faces challenges and failures. Getting back up after a failure can be seen as an expression of courage and resilience, virtues that are celebrated.

What are some top signs of maturity no one can deny?

1. You have a lot to say but choose to remain silent in front of fools.
2. You stop trying to change people and focus on changing yourself.
3. You learn to let go, accept the situations and move on.
4. You realize that nothing is more important in this world than you and your family.
5. You accept people for who they are.
6. You are at peace with yourself.

What is Thoughtfulness and Thinking components and Process

Thoughtfulness is a quality or characteristic associated with being considerate, reflective, and careful in one's thoughts and actions. It involves a deliberate and conscious approach to thinking, where individuals take the time to reflect, analyze, and consider various aspects before making decisions or forming opinions. Being thoughtful often implies a genuine concern for others, an awareness of consequences, and an open-minded approach to different perspectives.

The process of thoughtfulness can be broken down into several components:

1. Reflection:

- Self-Reflection: Thoughtfulness often begins with reflecting on one's own thoughts, feelings, and experiences. This self-awareness is crucial for understanding personal biases and perspectives.

2. Empathy:

- Understanding Others: Thoughtfulness extends to considering the perspectives and feelings of others. Empathy involves putting oneself in someone else's shoes to better understand their point of view.

3. Consideration:

- Weighing Options: Thoughtfulness involves carefully considering different options, viewpoints, or

possible outcomes before making decisions. This may include evaluating the potential impact of choices on oneself and others.

4. Open-Mindedness:

- **Accepting Diverse Perspectives:** Being thoughtful requires an open mind, willingness to entertain different ideas, and a readiness to accept that one's initial thoughts may need adjustment based on new information.

5. Judgment:

- **Critical Thinking:** Thoughtfulness includes the ability to critically analyze information, identify logical fallacies, and evaluate the credibility of sources. Critical thinking is essential for making well-informed decisions.

6. Communication:

- **Expressing Thoughts Clearly:** Thoughtfulness involves effective communication, expressing ideas clearly and respectfully. It also includes active listening to understand others' perspectives.

7. Patience:

- **Avoiding Hasty Decisions:** Thoughtfulness requires patience. Rushed decisions or impulsive actions may lead to overlooked details or unintended consequences.

8. Ethical Considerations:

- **Moral and Ethical Thinking:** Being thoughtful involves considering the ethical implications of decisions.

This includes evaluating actions based on moral principles and values.

The process of thoughtfulness can be seen as a series of steps:

1. Information Gathering:

- Collect relevant information from various sources to build a comprehensive understanding of the situation or issue.

2. Analysis:

- Analyze the collected information critically. Identify patterns, relationships, and potential implications.

3. Reflection:

- Reflect on personal biases, emotions, and preconceptions. Consider how these factors may influence thoughts and decisions.

4. Empathy:

- Put oneself in others' shoes to understand their perspectives and feelings. Consider how decisions may impact different stakeholders.

5. Decision-Making:

- Make informed decisions based on the analysis, reflection, and consideration of various factors. Prioritize ethical considerations and long-term consequences.

6. Communication:

- Communicate thoughts, decisions, and reasoning clearly and respectfully. Be open to feedback and alternative viewpoints.

Thoughtfulness is a skill that can be developed over time through conscious effort, practice, and a commitment to self-improvement. Engaging in activities that promote self-reflection, active listening, and exposure to diverse perspectives can contribute to the cultivation of thoughtfulness. Additionally, seeking feedback from others and being open to learning from different experiences can enhance one's ability to think thoughtfully.

Components of Critical Thinking

Critical thinking is a cognitive skill that involves analyzing and evaluating information, arguments, and ideas in a systematic and logical manner. It helps individuals make informed decisions, solve problems, and communicate effectively. Here are the main components and topics in critical thinking:

1. Understanding the Basics:

- **Definition:** Clearly defining critical thinking and understanding its importance.

- **Elements:** Identifying the essential elements of critical thinking, such as interpretation, analysis, evaluation, inference, explanation, and self-regulation.

2. Argument Analysis:

- **Identifying Arguments:** Recognizing and distinguishing between premises and conclusions in arguments.

- **Evaluating Arguments:** Assessing the strength, validity, and soundness of arguments.

3. Logical Fallacies:

- **Common Fallacies:** Recognizing and avoiding common errors in reasoning, such as ad hominem attacks, strawman arguments, and hasty generalizations.

4. Evidence and Reasoning:

- **Evaluating Evidence:** Assessing the relevance, sufficiency, and credibility of evidence.

- **Inductive and Deductive Reasoning:** Understanding different types of reasoning and their applications.

5. Problem Solving:

- **Problem Identification:** Recognizing and defining problems clearly.

- **Solution Evaluation:** Assessing potential solutions, considering their implications and consequences.

6. Decision Making:

- **Decision Analysis:** Making informed decisions based on a thorough analysis of relevant information.

- **Risk Assessment:** Evaluating potential risks and benefits associated with decisions.

7. Creative Thinking:

- **Generating Ideas:** Fostering creativity to generate innovative solutions and ideas.

- **Divergent Thinking:** Encouraging thinking that explores multiple possibilities.

8. Communication Skills:

- **Clarity:** Communicating ideas clearly and concisely.

- **Effective Listening:** Actively listening and considering alternative perspectives.

9. Reflective Thinking:

- **Self-awareness:** Reflecting on one's own thinking processes and biases.

- **Continuous Improvement:** Seeking ways to enhance critical thinking skills over time.

10. Cognitive Biases:

- **Identifying Biases:** Recognizing common cognitive biases that can impact decision-making and analysis.

- **Minimizing Bias:** Developing strategies to mitigate the influence of biases.

11. Research Skills:

- **Information Gathering:** Effectively collecting and evaluating information from various sources.

- **Source Evaluation:** Assessing the credibility and reliability of sources.

12. Ethical Reasoning:

- **Ethical Decision Making:** Integrating ethical considerations into decision-making processes.

- **Moral Reasoning:** Analyzing ethical dilemmas using critical thinking skills.

13. Cultural Competence:

- **Understanding Perspectives:** Recognizing and appreciating diverse cultural perspectives.

- **Avoiding Stereotypes:** Being aware of potential biases and stereotypes in thinking.

14. Contextual Analysis:

- **Situational Awareness:** Considering the context in which information and decisions are situated.

- **Systems Thinking:** Understanding the interconnectedness of different elements in complex situations.

To develop critical thinking skills, individuals can engage in activities such as reading challenging materials, participating in discussions, solving problems, and seeking feedback on their thought processes. Regular practice and a commitment to ongoing learning are crucial for the development of effective critical thinking abilities.

Main Topics of Logic:

Logic is a broad field of study that deals with reasoning, argumentation, and the principles of valid inference. Here are some main topics in logic and suggestions on how to learn them:

1. Propositional Logic:

- **Propositions and Connectives:** Understand basic propositions and logical connectives (AND, OR, NOT).

- **Truth Tables:** Learn how to construct truth tables to determine the truth values of compound propositions.

2. Predicate Logic:

- **Quantifiers:** Study universal and existential quantifiers (forall and exists) and their use in forming predicate logic statements.

- **Predicates and Variables:** Understand how predicates and variables are used in constructing logical statements.

3. Inference and Proof:

- **Deductive Reasoning:** Learn the principles of deductive reasoning and valid argument forms.

- **Proofs:** Understand how to construct logical proofs using various proof techniques (direct proof, proof by contrapositive, proof by contradiction).

4. Set Theory:

- **Basics of Sets:** Understand the fundamental concepts of sets, including set operations (union, intersection, complement).

- **Relations and Functions:** Study relations between sets and the concept of functions.

5. Modal Logic:

- **Modal Operators:** Learn about modal operators such as necessity and possibility and how they are used to express modal statements.

6. Philosophical Logic:

- **Meta-logic:** Explore foundational questions about the nature and scope of logic itself.

7. Mathematical Logic:

- **Gödel's Incompleteness Theorems:** Study the limitations of formal mathematical systems as demonstrated by Gödel.

- **Model Theory:** Explore the relationship between formal languages and mathematical structures.

How to Learn Logic:

1. Textbooks and Online Courses:

- Start with introductory textbooks on logic. Many universities offer free online courses on platforms like Coursera and edX.

2. Practice Problem Solving:

- Logic is best learned through practice. Solve a variety of problems and exercises to reinforce your understanding of different concepts.

3. Engage in Discussions:

- Join online forums or discussion groups to interact with others studying logic. Explaining concepts to others can deepen your own understanding.

4. Interactive Tools:

- Use online interactive tools and apps that offer exercises and simulations to enhance your learning experience.

5. Attend Lectures and Workshops:

- Attend lectures or workshops if available. Many universities provide free online lectures on logic.

6. Read Philosophical Works:

- Explore philosophical works related to logic. Understanding the historical and philosophical context can provide deeper insights.

7. Stay Consistent:

- Logic can be challenging, so consistency is key. Set aside regular time for studying and practicing logic.

Remember that logic is a skill that improves with practice, so don't get discouraged if certain concepts seem challenging initially. As you continue to work with logical principles, your proficiency will increase.

What does it mean when they give you an advice to 'be a nobody'?

The meaning of "be a nobody" as advice can be interpreted in various ways, depending on the context and speaker's intent. Here are some possible interpretations:

Humility and Detachment:

- **Avoid ego and self-importance:** This interpretation encourages focusing on the task at hand or the bigger picture rather than personal gain or recognition. It's about acting out of duty, passion, or a genuine desire to contribute without seeking the spotlight.
- **Acceptance and not needing validation:** It could suggest embracing your talents and contributions without the need for external validation or public acclaim. Be confident in your abilities without needing constant praise or recognition.

- **Embrace simplicity and non-conformity:** This interpretation might advocate for prioritizing personal peace and inner fulfillment over societal pressures to achieve fame or status. It's about being comfortable in your skin, regardless of social expectations.

Strategic Approach:

- **Blend in and observe:** In certain situations, "Be a nobody" could be tactical advice. It might suggest blending in to avoid attracting unwanted attention or gaining a better understanding of a situation before taking action.
- **Avoid unnecessary risks or conflicts:** Sometimes, not drawing attention to yourself can be the safest or most efficient way to navigate a challenging situation. This advice could be aimed at minimizing potential risks or avoiding unnecessary confrontations.
- **Focus on the invisible power:** This interpretation could be encouraging you to focus on your inner strength, resilience, and adaptability. True power and influence can sometimes derive from working subtly and effectively behind the scenes without needing public recognition.

Context Matters:

It's important to consider the context in which this advice is given. The specific tone, situation, and relationship between the speaker and you will play a crucial role in understanding the intended meaning.

Open Communication:

If you're unsure about the intended meaning, don't hesitate to ask for clarification. Open communication helps avoid misunderstandings and ensures you're interpreting the advice in a way that aligns with the speaker's intentions.

Ultimately, the meaning of "be a nobody" as advice is highly subjective and depends on the context and individual interpretation. Consider the different possibilities and ask clarifying questions if needed to understand the advice's nuances and apply it meaningfully in your situation.

Freedom and Intelligence to Do What You Desire

Freedom and intelligence to do what you desire is important in living life. The warrior must learn to resist, and ultimately become immune, to the disapproval of his fellows. You should be able to say that if the only weapon an opponent has against you is disapproval, then he is very poorly armed. As you do this, the confidence which you will gain by each successful engagement with the forces who would try to control you will enable you to face life with a much greater sense of personal power and workability.

Remember that life itself is conflict, the conflict between the strong and the weak and the smart and the stupid,

the human and the sports fan. Sports fans are the ultimate losers, spending their lives attempting to identify with the winners that they can never be. Do not make the mistake of idolizing someone to the point where you are not working on becoming the best yourself. Your own life and achievements are all that matters. Let others inspire you, but focus all your power on creating your own realities.

Take those actions which are obviously to your benefit without suffering pangs of conscience if and when something unpleasant happens to other people as the result of your actions. Every man has a right to fulfill his own will without being afraid that it may interfere with that of others, for if he is in his proper place, it is the fault of others if they interfere with him. The intelligent have the freedom to do as they please, and if others are intelligent, they would harmonize with you because great minds harmonize.

What can I do to change my life?

Okay here are few steps

1. Wake up early in the morning. 95 percent if not all of people who are successful and content wake up early in the morning. Our parents, grandparents, teachers everyone gives so many lectures about how waking up early in the morning boosts your life, career and health. We

all know the benefits but most of us still ignore this important step.

2. The next step is to drink water, freshen up and go for exercise. Now we all know the benefits of exercises. There is nothing to explain about this. Exercise is mandatory. So do exercise regularly

3. Choose a field and work hard in achieving your goal. Consistency is the key. There are so many fields to explore today. Find your interest and start your hustle to achieve your goals.

4. Don't just think take action too. We make plans everyday that we will do this , we will do that. Work on your plans too if you want to see some results.

5. Read books to expand your knowledge horizon. The more you read, the less you will overthink. The more you read the more you will improve.

There are no complex steps to bring positive changes in your life. The steps are basic and everyone knows about them. It's just that we don't have enough will and discipline to do the right thing.

What Should Be The Strategy To Achieve Any Goal?

Achieving any goal involves a combination of careful planning, dedication, and effective execution. Here's a general strategy that you can adapt to pursue your goals:

1. Define Your Goal Clearly:

- Clearly articulate what you want to achieve. Be specific and ensure your goal is measurable so that you can track your progress.

2. Break It Down:

- Divide your goal into smaller, manageable tasks or milestones. This makes the overall objective less overwhelming and allows you to focus on one step at a time.

3. Set SMART Objectives:

- Make your goals Specific, Measurable, Achievable, Relevant, and Time-bound (SMART). This helps in creating a clear and actionable plan.

4. Create a Plan:

- Develop a detailed plan outlining the steps you need to take to achieve each milestone. Identify potential obstacles and devise strategies to overcome them.

5. Prioritize:

- Determine which tasks are most critical and prioritize them. Focus on high-priority items to make the best use of your time and resources.

6. Develop a Timeline:

- Set deadlines for each milestone and the overall goal. This provides a sense of urgency and helps you stay on track.

7. Gather Resources:

- Identify the resources you need, whether they are financial, informational, or human resources. Ensure you have access to what is necessary for success.

8. Stay Flexible:

- Be adaptable and open to adjusting your plan as needed. Unexpected challenges may arise, and the ability to adapt is crucial for long-term success.

9. Take Action:

- Start working on your plan immediately. Consistent action is essential for progress. Even small steps contribute to the overall achievement of your goal.

10. Monitor and Evaluate:

- Regularly assess your progress against the plan. Celebrate achievements and learn from setbacks. Adjust your strategy if necessary.

11. Stay Motivated:

- Keep your motivation high by reminding yourself of the benefits and rewards associated with achieving your goal. Surround yourself with positive influences.

12. Seek Support:

- Don't hesitate to seek guidance or support from friends, family, mentors, or professionals. Having a support system can provide encouragement during challenging times.

13. Learn and Iterate:

- Embrace a mindset of continuous improvement. Learn from both successes and failures, and use that knowledge to refine your approach.

14. Stay Persistent:

- Persistence is key to overcoming obstacles and setbacks. Stay committed to your goal, even when faced with challenges.

Remember that each goal is unique, so you may need to tailor this strategy to fit your specific circumstances. Flexibility, determination, and a positive mindset are crucial components of any successful goal pursuit.

How Should Plan Some Thing Or Task To Be Done?

Planning is a crucial step in achieving any task or goal. Here's a step-by-step guide to help you effectively plan and execute a task:

1. Define Your Objective:

- Clearly articulate the purpose and desired outcome of the task. Be specific about what you want to achieve.

2. Understand the Task:

- Break down the task into smaller components. Identify the key elements and requirements to gain a comprehensive understanding.

3. Set SMART Goals:

- Make your goals Specific, Measurable, Achievable, Relevant, and Time-bound. This provides clarity and helps in creating a focused plan.

4. List Tasks and Subtasks:

- Identify all the tasks and subtasks required to complete the objective. Break the project into manageable pieces to make it more achievable.

5. Prioritize Tasks:

- Determine the priority of each task. Focus on high-priority items first to ensure critical components are addressed in a timely manner.

6. Estimate Time and Resources:

- Estimate the time and resources needed for each task. Consider any constraints or limitations that may affect the timeline or resource availability.

7. Create a Timeline:

- Develop a timeline or schedule for completing each task. Set deadlines to create a sense of urgency and help manage your time effectively.

8. Allocate Resources:

- Assign resources, whether they are financial, human, or material, to each task. Ensure you have the necessary tools and support to accomplish the objectives.

9. Identify Dependencies:

- Determine if there are any dependencies between tasks. Understand which tasks must be completed before others can begin.

10. Risk Assessment:

- Identify potential risks and challenges that may arise during the task. Develop contingency plans to mitigate these risks.

11. Seek Feedback:

- If applicable, seek input from colleagues, mentors, or experts. Their insights can provide valuable perspectives and help refine your plan.

12. Create a Visual Plan:

- Use visual tools such as Gantt charts or project management software to represent your plan. Visualizing the timeline and tasks can enhance understanding.

13. Review and Adjust:

- Regularly review your plan to ensure it remains relevant. Be prepared to adjust the plan based on changing circumstances or new information.

14. Start Executing:

- Begin working on the tasks according to your plan. Take consistent and focused action to make progress.

15. Monitor Progress:

- Regularly track your progress against the plan. This allows you to identify any deviations early on and make adjustments as needed.

16. Celebrate Achievements:

- Acknowledge and celebrate milestones and achievements along the way. This boosts morale and motivates you to continue the journey.

17. Reflect and Learn:

- After completing the task, reflect on the process. Identify lessons learned and areas for improvement that you can apply to future tasks.

Remember that flexibility and adaptability are essential in the planning process. Unexpected challenges may arise, so being open to adjustments will help you navigate through uncertainties effectively.

Awkward Psychological Facts About Human Beings

1. Socially awkward people are more faithful and loyal in relationships.
2. Unattractive people think that they're attractive than they actually are. On the other hand, attractive people underrate their attractiveness.
3. When we hear a single negative thing, we at least damage five positive memories.
4. If you think that your idol is in love with you, there's a huge chance that you are suffering from a mental illness.
5. People who understands sarcasm are often good at reading people's minds.

6. People who have a strong sense of guilt understand others thoughts and feelings better.
7. If someone speaks less but fast, they can keep secrets.
8. Subtly mimicking another person's behavior makes you likable instantly. This phenomenon is called the Chameleon effect .
9. Strict parents can turn their kids into more effective liars.

6 Signs that you have a strong mindset

1. You’re not afraid of rejection.
2. You immediately move on after making a mistake.
3. You can adapt to changes quickly.
4. You don't have self-pity.
5. You don't compare yourself to others. If you do compare, you use it as motivation or inspiration to improve yourself.
6. You’re not afraid to ask for help if you really need to.

What are some great life lessons you have learned after lots of troubles?

I have learned so many things but I would like to share some of them as these are:-

1. Believe in yourself.

2. Learn whatever you want if you have knowledge you are confident person.
3. Don't discuss your problems with anyone try to solve it self.
4. Be positive in your up and down periods
5. Take action for whatever you have to do.
6. Don't depend on other person for your assistance.
7. Be your own in everything.
8. Do hardwark it will also teach you how to do smart work but firstly need to do hard work.
9. Consistency will add quantity for big things.
10. Whenever you feel not able to do what you want close your eyes and think you will have new energy.
11. Last but not least eager, desire and inner power is your strength to keep it always with your self keep growing in your life.

Unbearable Truths That You Should Accept

1. It's better to be alone than to let others take advantage of you.
2. Be selective with who you give your time and energy to.
3. Stay away from people who try to be close to everyone.
4. Jealousy stems from a lack of confidence in oneself.
5. Don't assume that everyone is your friend.

6. It might feel lonely at the top, but remember that it was also lonely at the bottom.
7. Loyalty is hard to find, so cherish it when you do.
8. The first rule is to believe in yourself.
9. Remember how badly you wanted what you have now. More blessings are on the way.
10. Don't regret having a kind heart, because good things will come back to you and multiply.

What is in our life which we should always take care of?

- Your mental health:-
  - The first thing you should always remember to take care of is your mental health. We need it in every stage of life.Mental health isn't something we can deal with once and then get over it.
- Health:-
  - A state of complete physical mental and social well-being is must. You should take extreme care of your body. It should be your first priority.
- Wealth:-
  - Obviously it's necessary to take care of it. Money is essential for comfortable and happy life. It buys you happiness or maybe it doesn't ;) .
- Family :-

- You should always take care of your family and your close ones. They're the one who's always by your side no matter what the situation is.

- Friends:-
- Friendship is the most beautiful relationship in the world.Having them in your life is a true blessing. They can heal those scars which can't be healed by medicines.

What are the 5 mistakes students do in student life?

According to me those 5 mistakes are:-

- Prioritising bestfriends or boyfriend/girlfriend and wasting study hours on them.
- Not doing revision properly.
- Studying too much then needed and forgetting to get some time for themselves.
- Comparison with classmates and friends.
- Not taking studies seriously and studying before one day of exam.

What are the top rules of your life?

- Never think about what will people think about me
- The less people I'm surrounded with ,the more happy I'll be

- Me>everything/everyone
- Never trust someone easily
- Spend more time with people i love
- Be humble towards everyone and try to help everyone
- Try to make everyday countable
- If it makes you unhappy try to avoid it
- Never make fake promises
- No relationship for money or timepass

What are some top signs of maturity no one can deny?

- No more giving teaching to fools and wasting our time and energy.
- Willing to live peacefully rather than jealous by others weath and possessions.
- Enjoying your own company.
- Giving your time to other but not always readily available to them.
- Being calm whatever the situation is.
- Being polite and humble with each and every individual.
- Being caring rather than possessive in love.
- Never judging someone too soon.
- Always giving a comfortable look to others.
- Not getting distracted by ups and downs.
- Keeping a friendly nature. And everready as a helping hand.
- Not blindly following someone.

- Giving time to the loved ones instead of busy with the timepassers.
- Respecting others feeling and treating them with love.
- Standing with the truth out of fellow crowds of funmaker.
- Taking steps instead of just being a chatter box.
- Living A self loving, caring and desciplined life.
- Standing against the wrong side.
- Simple lifestyle instead of showoff.

What are the 05 greatest psychological hacks you should know?

1. Because human understanding is limited, mental models are incredibly helpful.
2. Individuals who wear elegant clothing are accorded greater respect than those who don't.
3. It's your speech pattern that convinces others, not just what you say.
4. The thing that people remember the most about you is your charisma.
5. Humans frequently view the world in terms of victim, villain, and hero.
6. After they have done you a favor, people like you even more.

What are the 10 things you regret doing in your life?

I still regret for:—

- Not attending any online lectures during covid spread
- Not making studies my first priority
- Trusting people who don't even deserve my trust
- Not being able to stay away from every toxic people connected with my life
- Not being focused on my goals
- Not being able to spend much time with my best friend
- Doing what i had to do instead of what i wanted to
- Not living in present and enjoying it
- Not being able to gather words to tell the people what they mean to me
- For staying in my comfort zone always

What are common mistakes I should avoid in life?

- Avoid giving your passwords to everyone. you don't know how it can be used against you one day.
- Avoid doing anything in getting peer pressure. if you don't want to it say no to it.
- Never fall in after breakup revenge traits. it'll make you worse than you're.

- Never trust anyone on first or second meeting.
- Never get involved into any other person's fight unless they're close to you and know the proper reason before taking any action.
- Never prioritize friends or close ones over your studies.
- Never take big decisions without properly thinking.
- Never commit anything if you can't finish it.

What are some great habits to have in life?

- Drinking water as soon as you wake up and before you go to bed
- Greet everyone with a good smile
- Use words like thank you and sorry more often
- Reading is one of the healthiest habits
- Appreciate what you already have
- Surround yourself with positive people
- Wake up early morning and go to bed early
- Spend less time on social media
- Listen more than you speak
- Try to be more physically active
- Decrease junk food intakes

What did you realize today?

- No matter how many new people come in your life. but they can't replace your close ones.

- Sometimes you're bonded with someone emotionally. No matter they give you happiness or not but you reach out them first in your bad times.
- Nothing stops without you or your presence in other people's life, except its your own event.
- There will be someone who dislike you no matter how good you're.

Sometimes being good in every situation is ot good.

- Sometimes you're just an option for someone and they're everything for you but you can't change anything.
- You can't force someone's emotions, thoughts, and loyalty.
- Your mind knows everything ,but sometimes you're not accepting that. And at the end your mind wins.

What are the 5 must implement habits for a quality lifestyle?

- Maybe if possible stay away from everything that doesn't feel right
- Whenever you're angry control yourself and avoid contact with people
  - You'll get into least arguments as result
- drink enough water everyday
- Be productive and try to spend more time with people having more knowledge

- if you're in relationship know the difference if it's healthy or toxic
  - If it's toxic than try to improve it

What makes a person boring?

1. While traveling clicking pictures frequently instead of enjoying
2. A person who avoids eye contact and looks anywhere else during conversation
3. Who always brag about their income or property
4. talk too much about themselves and show little interest in others
5. A person who takes too long to reply and send short text Who replies hmm okay accha in every sentence □
6. A person who always sees the negative side of things and complains constantly.
7. A person who constantly judges others or make fun of everyone and talks behind their back
8. A person who can't make anyone laugh or don't laugh when someone says something funny
9. Who don't want to try new things or don't want to accept changes
10. Who talks less than necessary and just stick with their phone always
11. A narrow minded person and the one who show off too much about their clothes prices or their brands

One Piece Of Advice You Would Give To Anyone

- Think twice before getting into any relationship
- Avoid talking to anyone when you're angry
- Sometimes saying truth saves someone from being hurt every day
- Whenever your close ones advise you don't over react on it if you don't like it disagree politely
- You can fool anyone else but can't fool yourself
- You can't make everyone around you happy and impress them so make yourself happy
- Nothing is easy at first go every takes time
- You can't be perfect in everything all you can do is just improve yourself
- If you feel toxicity or negativity in anything try to avoid it

Things Every Person Should Avoid In Life

1. Don't compromise with your self respect. It should be your first priority.
2. Don't trust too much or follow social life which is actually fake. Try to happy in your real life.
3. When u fail and want to give up restart without any regret with full motivation.
4. Focus on your career dont trap in the alcohol, tobacco life and stay away from toxic people.

5. Your parents should be your first priority.
6. Always ready to smile even if u are alone. Kabhi kabhi safar pr akele hi chalna hota h andhere ki kadiyon se khud hi ladna pdta h.

What have you learned from your life till now?

- Life goes on and on with or without you
- Expectations and attachments hurt the most
- It will hurt and hurt but one day it won't
- Anything can change quickly and changes are good
- No matter how best you become but the wrong person will still find faults in it
- Everything happens for good reasons
- Give it time; time heals everything
- Being alone isn't that bad and sometimes i find it peaceful
- Everything doesn't need to be announced
- Anything forced is just not worth fighting for be it conversation relationship love or friendship
- Everything dies but memories don't
- Bad days does not last forever
- Worrying and regretting can't change anything

Awkward Psychological Facts About Human Behaviour

1. When people look at pictures of faces, they usually focus on the eyes first.
2. We often twist the truth in our favor rather than accepting it as it is.
3. If someone has low self-esteem, they may sometimes try to put others down.
4. People are more likely to return a lost wallet if they find a picture of a child inside.
5. We tend to blame someone's actions on their personality, except when it comes to ourselves.
6. People who walk faster are often seen as more confident and happier than slower walkers.
7. There are genes that determine whether you're naturally an early riser or a night owl.
8. If a law is too strict, people may be more inclined to break it.
9. Larger groups tend to make worse and more subjective decisions compared to smaller groups.
10. Spending time with friends can actually make you more attractive to others.
11. When someone says "I need to talk to you about something," our minds often race through all the potentially harmful things we've done recently.

What are some rules for powerful and impressive men?

1. Don't give a second chance to someone who cheated on you.
2. Don't beg someone to be in a relationship with you. Be with someone who wants you too.
3. If you're not invited, don't ask if you can go. Respect their decision.
4. Dress nicely for any occasion, and make a good impression.
5. Keep your promises and do what you say you'll do.
6. Be on time and show that you value other people's time.
7. It's always good to have some cash with you, just in case.
8. When someone's talking to you, really listen and be engaged.
9. Learn to cook a few simple meals. It's a useful skill to have.
10. Take a short pause before answering a question. It helps you think.
11. Focus on understanding and expressing your emotions. Communication is key.
12. Learn to manage your money wisely and save for the future.
13. If you didn't buy something, don't eat the last piece. Leave some for others.
14. Support those who are behind you and respect those who are beside you.

15. Never let anyone, regardless of gender, disrespect you.
16. When shaking hands, do it while standing up. It shows respect and professionalism.
17. Don't spend all your money trying to impress others. It's not worth going broke.

What is the greatest sign of maturity?

These are signs of maturity:

- You don't poke your nose in things unrelated to you
- you respect different choices and opinions
- You don't care what others will think about you
- You forgive people
- You try understand people's situations more
- You don't care about people who dislike you and don't hate them for it
- Your self respect will be your first priority
- You accept your faults
- You value inner beauty more than outer beauty
- You handle situation calmly without being angry
- You don't run away from responsibilities
- You become open minded
- You accept your imperfections and don't fake perfection
- Being alone doesn't bother you

What are some bad habits that we need to break?

- Scrolling social media or playing games for hours and hours
- Judging someone by their appearance or by their behaviour for no reason
- Being rude with anyone without any reason
  - You may not know but it may make their day worse
- Comparing yourself with your class mates relatives or friends
  - Everybody's special on their own way
- Eating unhealthy foods too much
  - As our Indian food is a bit unhealthy
    - But eating too much unhealthy food is not good for health
- Using bad words too much (gaalis) on daily basis
- Compromising your sleep over anything or not getting enough sleep
- Thinking what people would think about you
- Overthinking too much
- Teasing someone without any reasons

Interesting Facts About Human Behavior

- People who view crime shows and films have consistently overestimated the frequency of crime in the real world
- *We can udnretsnad any msseed up stnecene as lnog as the lsat and frsit lteerts of wdros are in crrcoet palecs. Suhc as tihs stnecene.*
- People who speak two languages can unintentionally change their personalities when they switch to speak from one language to another (i personally relate to this)
- Religious rituals, such as prayer, are associated with significantly lower levels of mental issues or psychological discomfort.
- By taking study notes in longhand, your brain is able to remember because writing exactly what you study help you retain better knowledge.
- A hug longer than twenty seconds will produce hormones into your body that makes you trust the individual who is hugging you
- People between the ages of 18 and 33 are the highest percentage to have depression in the world.
- Money will buy happiness, but only to a certain extents
- During the 7 minutes of neural activity you will have before dying, you will see your memories in a dreamlike pattern
- The type of music you listen to impacts the way you look at th.e world.

- People seem to be happy when they’re kept busy, as this keeps them from worrying about bad problems in life.

What is something everyone should do at least once?

1. **Travel Alone**
   This is something I have yet to do, but it's something I know I would love to try. I think it teaches you to stand on your own two feet, meet new people, and see the world in a different way.
2. **Road trip with your best friend**
   learn a lot about a person by being in the car with them for an extended period of time.
3. **Live in a different country**
   It's far fetched, but I feel like you'd learn a lot.
4. **Camp out**, Roasting marshmallows by the fire and gazing up at the stars make me feel one with nature. Plus, there's limited cell service, so you can really experience the great outdoors.
5. **The fragrance of Mecca**
   This is the most relaxing to do at least once in their lifetime is to perform Hajj, the pilgrimage to Mecca.
6. **Sneak in somewhere**
   It's always makes for a great story and it's a thrill. Just don't get caught
7. **Have a whole day to yourself**

A day to do whatever you want, on your own terms. This is what mine would look like.

8. **Do something out of your comfort zone**
   Whether it's going to a concert with a large crowd, jumping out of a plane, or learning a new skill – you never really know until you try.
9. **Own a home**
   It's the American dream.
10. **Have a job that you love**
    Needs no explanation, we should all do something that we are truly passionate about.

What are the things to cut from your life?

1. Toxic people and relationships (people who made me feel insecure, taunted me, or degraded me)
2. Instagram (too fake)
3. The desire to please others
4. Expectations from others (just expect from yourself)
5. Envy (I am done with feeling jealous of others who show one side of their life when their life is something way different)
6. Comparing myself to others (you can't really compare chapter one of your life to someone's chapter eight of life)
7. Complaining (being unthankful is unacceptable)

8. Obsession over materialistic things (like expensive jewelry, nail polish, clothes, shoes)
9. Sweets (I am trying my best to avoid sweets just so I do not get more acne)
10. Focusing on past mistakes (its time to enjoy the present and work towards the future)

What is the real truth of life?

1. You have to experience life to understand it. It's simple like if you don't ever taste a bad apple then you would not appreciate the taste of a good apple
2. The pain won't leave but you will have to learn to leave the pain
3. We always ignore those who care for us and care for those who ignore us. Humans are so weird...
4. I read somewhere that you can't recover three things: the word after its said, the moment after its missed and the time after its gone.
5. A poor person has no friends
6. You can have good intentions, do good to others and still have people wish bad upon you and hate you
7. It's difficult to erase a mistake thats why as kids when we grow up; a pencil is replaced by a pen.

What you learned very late, but wish you knew much earlier?

1. Sometimes you have to blame yourself for the shit you are going through because you knew better but didn't choose to do anything about it
2. Sometimes staying can cause more damage than leaving
3. People can drain the good out of you literally…
4. A mother and father's love should not be taken for granted and it is the most valuable thing ever
5. When talking it does not matter if you use big words but if you use the right words
6. I read somewhere that birds of a feather flock together. You are the company you keep
7. To achieve something, you will need to get out of your comfort zone and it's okay
8. Not everyone likes me but not everyone matters

What is a good piece of random advice?

1. **Live and let live**
2. Never take criticism from someone you **won't** take advice from
3. Don't live with the attitude "*if only I had done this, then this and this will happen*" it will get you

nowhere. Learn to put your best effort so you have no regrets to start with

4. Get out of your *comfort zone* if you want to go above and beyond
5. Respect time and **time will respect you**

a. *The early bird always gets the worm*

6. Don't do things right but do things for the *right reason*
7. Don't take things personally, it will only end up *wounding you mentally*
8. Pile up rejections to be closer to a "*yes*"

What are your short rules for a better life?

- People will hurt you sooner or later and it's up to you to decide which is more important; the pain or the person
- Don't ask for help from everyone since some people pretend to help you
- Never give up because your mind gives up 100 times before your body
- Keep laughing because laughing creates the shortest distance between two people
- Focus on the journey; the road you take to reach your goal (the hardships, the challenges, the lessons, the people, and even the accomplishments) not the destination itself
- Normalize saying “no”

- Don’t think about outcomes when you do something
- Be yourself even if it is embarrassing or annoying

Life Lessons That Have Learned Through Experience

1. Money can make new relationships and can also cause relationships to **suffer and end**
2. Life is not only about “*live, laugh, love*” it’s also about **losing, longing, letting go, and learning**
3. When you extend a finger to someone, they will grab your hand then your arm. People are **selfish** and will find ways to exploit your kindness.
4. When someone shares something with you or wants to talk with you, 99% of the time they **need a ear** more than any reaction, response, or advice
5. Sometimes the question is not what you see but *what you are looking at*
6. **Don’t ever lie to yourself** or you will end up betraying yourself, leading yourself to a place where you won't be able to distunigsh the truth within and around yourself.
7. Flaws and imperfections are what make you unique and **authentic** and therefore that is the beauty of you

8. To start fresh and move forward, you have to **leave behind many things.** They say "*let go of yesterday because yesterday has already let go of you*"

Truth That Nobody Wants To Admit Or Doesn't See

1. **Love is not blind**. It's just that we choose to be blind and ignore everything in love.
2. You have **two options**: you either work towards your dream or get hired to work towards building someone else's dream (and make their dream come true)
3. You **don't** have to be big to make a big difference
4. We often times blame people because we **don't have the guts to admit or accept our fault.** We choose to not take accountability of our actions.
5. It is said that "*Envy consumes itself just like fire consumes firewood.*" Envy only harms the one who is envious towards others.
6. **Nobody is real**. Everyone is showing you some sort of facade.
7. I read somewhere that the more **intimately you know someone, the more you are open to their flaws.** This why most marriages fail, friendships end, and relationships suffer.
8. **Chased love is not love**, it's just a waste of time.

What are your top 7 rules of life?

1. If you are facing some problem then don't take it lightly.
a. Whether it is hair fall, more facial hair, irregular periods, or constipation consult your doctor! You never know what you are experiencing right now can be just symptoms of a bigger and more dangerous condition
2. Listen to everyone but do what pleases you
3. Talk less and do more
4. Read everyday; whether it is a chapter in a book, an answer on quora, a section in your textbook or the newspaper. Read and see what good it does
5. Never envy since envy is the thief of your happiness
6. Be authentic not perfect
7. Give things time. Time heals everything

What are some of the best life tips?

1. Be grateful always to be happy.
2. Don't make excuses.
3. Do not waste time but value it. Time teaches us many things and heals everything.
4. If something is not working out then change the direction not the destination

5. Never give up. Life is uncertain and unfair we all know that but it is not the reason for us to stop living or trying.
6. Listen to understand.
7. Dream but also take action (if you want to make it your reality)
8. Be thankful for the bad people (who gave you the worse scars) because they gave you the best lessons
9. Believe it to achieve it
10. Don't let the bad days make you feel that you have a bad life

What is the wisest thing you learned in life?

1. When your intentions are pure-you don't lose anyone but people lose you
2. In a fight it doesn't matter who throws the first punch what matters is who falls down first
3. You can't really change someone who doesn't see an issue in their actions
4. I read somewhere that win in silence and let them think that you are losing
5. You have to take a step forward to move ahead and if you don't take that step you will be at the same place
6. If you don't ask, the answer will always be "no"
7. Money is essential to survive but after all it is paper with numbers on it-created by us

8. Anger is self destructive. I read somewhere that anger is like holding a coal with the intent of throwing it at someone but you are the ones who gets burned

What is the best advice you've received?

1. Forgive but never forget. You should always learn from the pain so the same person does not hurt you again
2. When you point one finger towards some else, four fingers come towards you. If you are good then everyone is good.
3. Listen to your parent's advice because at the end of the day they are the only ones who want the best for you
4. Don't wait for someone to love you, you should learn to love yourself first
5. Whatever you do give it 100% commitment
6. Don’t compare yourself with others because everyone grows at their own pace.

Life Advice Do People Not Take Seriously Enough

1. Don’t share everything with everyone
2. Accept yourself before you wish that someone else accepts you since it's *self love before love*.

3. Don't judge people by the way you see them because sometimes you may just be seeing the "*one side of the story*" and people have good facades that can fool anyone
4. Listen to everyone but don't trust any
5. Never expect something from someone that you yourself cant fulfill
6. Never rely on passion to achieve something. Passion is what encourages you to pursue something and hard work is what keeps you going. Work to achieve.
7. Dont take yourself seriously. Have fun and enjoy your time.

What "hard truth" makes a change in lives?

1. **Life is all about perspective.** It's about how you perceive things; whether you see the *glass as half empty or half full*.
2. You won't and can't feel *good everyday* and that is fine since after all you are a **human not a robot**
3. First impressions do matter but that *doesn't mean they are real*.

a. The first time you meet someone who is sweet-you would think they are down to earth but little do you know they can be one of the biggest snakes. This can also go vice versa-you can meet someone who

seems rude but they can be one of the most lovely human beings ever.

4. It is **never too late** to achieve something or do something.

a. You want to ask that girl out-give it a try. You want to start a business-work towards it. Some things may not work out the way you want them to but it's okay since others will.

5. Sometimes we invest our whole existence into certain phases of life but we get no pay back, no appreciation, or not even a thanks (*and it's totally okay since at least we tried*)
6. During *difficult times* you are able to tell who is *true to you* and who is not

a. A friend in need is a friend indeed

7. Every choice you make in life has a *consequence* so be ready to face it
8. **Fake friends are like shadows**; always near your brightest moments but nowhere to be seen in the darkest moments. So choose wisely who your true friends are.
9. Some things are just *not meant to be* and you just have to suck it up, this is what life is. Things don't go the way you always want them to
10. Sometimes we can't think our way into a new life or change but we can act our way into life. *Actions speak louder than words after all.*

Truth You Had To Accept That Made You Stronger

1. Life's *ultimate destination is death* no matter what route you take
a. There may be **no tomorrow**
2. No one is busy, it's just that you are *not their priority*
3. Having *material wealth* won't make you a happier person
4. Failure is *part* of the plan
5. Our brain knows the lie but our **heart believes the lie**
6. You give someone your hand, they will grab your arm
7. **People are like weather**; they don't take time to change, they are hard to predict, and we have no control over them
8. In order to *earn* something, you have to *lose* something

Important And Generalizable Life Lessons

1. Every addiction starts with pain and ends with pain. Whatever you are addicted to whether it's a person, or drugs or food, or something-you are using it as a way to cover up your pain (and to be able to suck it up). And when you try to

overcome your addiction it is even more difficult.

2. Just because someone lives in a luxurious house or drives a Mercedes does not mean they have a perfect life or don't have the right to complain. They are still normal human beings with problems that they can't explain or talk about.
3. Don't leave anything for tomorrow since you don't know if there is one. It's now or NEVER.
4. You don't always get what you want
5. Time heals almost everything just be patient.
6. Sometimes you have to close a door because it leads you nowhere
7. Life can change any second so live your best life.
8. When you trust a person there are only two outcomes: a friend for life or a lesson for life.

Things That Have Stopped Doing In Life

1. Stopped comparing myself to others because it's a game I will never win
2. Stopped feeling jealous of others because it prevents me from being happy with what I have
3. Stopped expecting from others since it only leads to disappointment
4. Stopped procrastinating since it's too stressful
5. Stopped running after people who wanted to leave because it only led to suffering
6. Stopped using Instagram because it's fake.

7. Stopped explaining myself to others because you don't need anyone's approval or validation to be yourself or do what you please
8. Stopped watching romantic movies. It's a torture for single Pringle's , plus there is an emphasis on fictional love and happy ever afters (at the end of the day it's a movie with a fictional plot and therefore what they show is not necessarily genuine)
9. Stopped giving importance to hate because it prevented me from cherishing the love I got plus it was just a mental and emotional torture
10. Stopped trying to please everyone since at the end of the day you can't please everyone and plus it's not your job to do so.

Life Lesson You've Learned So Far

- Don't be too sweet that people will swallow you and don't be too bitter that people will spit you out; **be in between**
- Sometimes life will require you to be **hard as a rock** so when people pick you up and throw you; it doesn't hurt
- Don't **let fear get the best of you**; once you avoid things you fear, your fear will become stronger and bigger in your mind
- Not everything in this world is perfect; **even the rose has thorns**

- Expect 100% efforts from people if you can return the same 100% efforts to them
- **Regret is stronger than gratitude**
  - that why dead people receive more flowers than the living ones
- The more you let people **walk in your life**, the more they will **walk over you**
  - simply using you as a doormat
- Once you don't work hard towards making your dream come true then **someone else will hire you to build their dreams.**
- No matter how much you do as a individual you will somehow **fail to please everyone in your life**
  - therefore you should quit pleasing others and continue to do what you wish and what you think is best for you
- **Letting go is one of the hardest things** in life but sometimes it's necessary
  - since all our lives we have fought to hold on but at one point you will realize that certain people are meant to stay in your hearts than in your life

Bitter Life Truth You Learnt Too Late

1. The hardest part is not letting go but learning to start over
2. Sometimes the easy road ends up being more difficult

3. We fight to hold on and we fight to let go
4. Not everyone has a place in your life and it's okay
5. You lose what you cling to
6. There is some self interest behind every friendship.
7. If you are cold, you will hurt people and if you are sensitive then people will hurt you. It's a choice you have to make
8. You lose a loved one, the love of your life leaves you for someone else, your friends forget you, your business fails but life goes on

Most Important Lesson You Learned From Your Father

1. Good things don't come easily
2. Sometimes it's not all about you, not everything revolves around you
3. You shouldn't waste your time explaining yourself to others, just do what you need to do and want to do
4. Lead do not follow. Do not follow the crowd just because it seems easy
5. Success comes with risks and surprises in the way
6. Everything seems impossible until you don't try and tackle it

7. Life teaches us the value of time and time teaches us the value of life. Life and time are the best teachers.

What's something that sucks about being a genius?

- They always feel lonely.
- Too many interests and fantasies;
- always Overthinking
- They get bored very easily
- Perfectionism
- Laziness

What have you learnt from your experiences so far?

1. Some relationships are like rented houses; you can decorate them as much but at the end they are not truly yours
2. People are for themselves in the end
3. You are never stuck in one place forever unless you choose to stay there
4. You won't always get the praises you deserve and that shouldn't stop you from doing your best
5. People who want you in their lives will find a way to stay in your life

6. Situations that repeat in your life are for you to learn your lesson soon
7. If you ignore something it won't go away
8. Everyone and everything has flaws because even the rose has thorns

What are some things that drive people insane?

- *Telling them that they're wrong- Bahubali 2 incoming.*
- *Making them understand- An untold struggle.*
- *Addictions- Obsession of weird things.*
- *Money- The fight of a paper.*
- *Friendships- The heads is love, tail's betrayal, what does your life choose?*
- *Power- The authority that'd not help you personally.*
- *Maintanence- The chore you can't do.*
- *Shopping- MCQs of money and your want.*

What life lessons do you live by?

1. Add life to your days not days to your life
2. *Oops* is better than *what if*
3. Little things do matter in life
4. Someone once told me if you want opportunity to knock then you need to first build a door

5. Everything seems impossible until it's done
6. You can regret many things but you can not regret being kind
7. Give second chances but not for the same mistake
8. An apple a day will keep anyone away if you throw it hard enough ;)

Dark Truth That Many People Are Unprepared To Discover

1. We are misunderstood by people around us but we also misunderstand people
2. Unconditional love is fiction
3. Being used hurts more than a breakup
4. If you can't help yourself then no one can
5. The people we can't live without can live without us
6. People respect the money not the person
7. Two people can be in love but can not belong together
8. We find the lie easier to admit because it is what we want to hear; the truth is always painful and bitter.

Important Lesson In Life Is Often Forgotten

1. Sometimes the person you want the most is the person **you're best without**
2. **Love doesn't hurt** it's just something else
3. You may want someone right now but maybe you **don't** really need them
4. Never conveniently cover your eyes to keep yourself from being alone. **Be caution at all times**
5. Not everyone says "*I Love You*" and **actually means it**

a. Some people say it when flirting to get you to respond.
b. Some people say it when lonely.
c. Some people just say what you want to hear.
d. Some people don't mean it.

6. Just because you don't understand doesn't mean it's wrong
7. **Be an observer** rather than a judge. Stop judging everything, everyone, and yourself.
8. Everyone shows you a path but **no one walks that path** for you or with you

What are some beautiful truths of life?

1. Even the tree bows down when it bears a fruit
2. Beauty is not about the looks; it's about having a beautiful personality, heart, and soul

3. Your past is not your future, therefore you have the chance to improve and not repeat the same old mistakes
4. Sometimes you think you can't do things but it is actually because you don't want to those things
5. Everyone around you is scared too; everybody has some sort of fear and there is no shame in that
6. You will meet a lot of people in your life. So don't worry if you lost someone, or someone left you because sooner or later you will find someone better
7. First impressions matter and there is no second chance
8. Lastly it is gratitude that saves you from falling into a pit of miseries. Be thankful always!

What you have learned from life so far?

1. NOBODY CARES
2. The choices you make will shape your life
3. Sometimes the people that you think are your friends are actually the ones who are harming you
4. Fear lasts longer than love
5. Give more to people-they will exploit you, give less to people-they will hate you but give them not too much or little then they will love you and fear you

6. Bad luck teaches you to pivot (to adapt and improve)
7. Behind every successful man is a woman and behind every unsuccessful man there is also some woman

What is the hardest lesson you've learnt in life?

1. You can't be everyone's cup of tea AND that is okay
2. Life isn't always happy but there is a value in both the good and bad
3. Sometimes it is too late to say sorry
4. Nothing is guaranteed
5. No one else can complete you.
6. Relationships need boundaries not walls; there is a difference.
7. You can get mad at someone for not being who you want them to be
8. There is no perfect time to do anything, just do it!
9. You can never understand the value of a moment until it becomes a memory

What are the bitter truths about smart people?

1. **Smart people can be perfectionists**. Being intelligent often comes with a strong desire for excellence and a high standard for oneself

which can lead to unrealistic expectations and a fear of failure.

2. **Smart people can suffer from imposter syndrome**

a. Imposter syndrome is the feeling of not belonging or deserving success, despite evidence to the contrary. Smart people can be particularly vulnerable to imposter syndrome because they are aware of their abilities and the expectations that come with them. This can lead to a constant fear of being exposed as a fraud, even if they have achieved great things.

3. **Smart people can struggle with work-life balance.** Smart people often have a strong work ethic and a desire to achieve great things, which can sometimes come at the expense of their personal lives (working long hours and sacrificing time with family and friends).
4. **Smart people can feel the pressure to be successful.** Because they are often praised for their intelligence and accomplishments, they may feel that they need to continue achieving great things in order to maintain their status. This can lead to a constant sense of pressure and a fear of failure, which can be overwhelming.
5. **Smart people don't seem to realize how smart they are.** And if they ever realize and admit that they are intelligent, they are automatically viewed as an *arrogant asshole*.

6. **Smart people can suffer from loneliness**. It can be hard to find other people who think and/or feel as deeply as they do.
7. Similar to the point above; the more intelligent you are, the **less satisfying and more frustrating it is to interact with others.**
8. Most smart people **never find meaningful application for their intelligence**.
9. Smart people can be a **target for bullying**. They are also **exploited a lot** by people around them.

a. I know this because I was the nerd (considered one of the smartest people) in my class and most people just befriended me so I could help them or actually do their homework for them and after they got what they desired they left.

10. Lastly, I read somewhere that "**Smart is relative.**" Do you think so?

What is the deep secret of life?

There are three types of people in this world:

1. Those who know the outcomes of their actions but still ignore reality
2. Second are those who know the reality of life and let this knowledge prevent them from enjoying and appreciating life in general
3. Lastly there are a few people who go on a journey to experience life even though they are

aware of the inevitable ending and reality of life.
Why? Because they want to enjoy their present.

My teacher gave me this example and I also came across this on the internet and decided to share.

Imagine a beach.

As you approach this beach you notice the low tide. You come across three men.

- The first man is constructing the most elaborate sand castles, pouring everything he has into his work, without the knowledge that the incoming tide will destroy all that he's built.
  - This person ignores the reality of the situation and is constantly surprised, battered and bruised about life.
- The second person sees the inevitability of the incoming tide and decides not to build any sandcastles--he stands obstinate.
  - This person's preoccupation with the inevitable ending prevents him from enjoying the process of playing in the sand and appreciating what's right in front of him.
- The third person is aware of the incoming tide, knows that nothing he builds will last forever, and yet decides to build sand castles anyway.
  - This person's awareness of the end sweetens his enjoyment of the present moment and increases his passion for the creative process.

Each moment in life is like an opportunity to build a beautiful sand castle and appreciate it's bold stand against the incoming tide even if it may not end up lasting.

Secret of life: **We all know that what we make will disappear or we will disappear. It's all for nothing. But that doesn't mean you shouldn't live life even when you know it's end is death.**

Something That You Want Others To Understand

1. Loneliness is not about the absence of people in your life, it’s about your lack of interest in people that are part of your life
2. Love is selfish
3. When it comes to love never compromise or sacrifice on your self worth or self respect since at that point it’s not love
4. It doesn’t matter if you don’t look good in pictures or are on the camera; what matters is that you look good in the mirror
5. Extremely nice and kind people's other side is just as extreme. Don't mistake their self control for their weakness since the beast inside of them is sleeping not dead.
6. Cleverness is not wisdom
7. Two things prevent us from attaining happiness: paying attention to the past and observing others

8. Lastly kindness is not flirting; attention is not love; silence is not anger and tears are not a weakness

Powerful Quotes You Have Ever Come Across

1. Understanding is deeper than knowledge. There are many people who know us but only a few who understand us
2. Love all, trust few and do wrong to none
3. Only in the darkness can you see the stars
4. There are two ways of spreading light; to be the candle or the mirror that reflects it
5. The worst part is that time flies but the best part is that you are the pilot
6. The people in your life should be a way of reducing stress not causing it
7. To live is to suffer. To survive is to find some meaning in that suffering.
8. The truth is everyone is going to hurt you; you just have to find the ones that are worth suffering for
9. Forever is a fantasy that looks good only in movies.
10. A duck's opinion of me depends on whether I have bread or not. That's how most people are in your life

How can I improve my personal growth in life?

1. Follow your own path instead of just following others. Do what you love and love what you do.
2. Learn from both success and failure stories.
3. Spend less time on the Internet.
4. Don't focus too much on material things.
5. Always give your best effort in everything you do.
6. Control your feelings and take initiative in life.
7. Stay curious and ask lots of questions.
8. Write down your creative ideas in a journal every day.
9. Create a daily routine and stick to it.
10. Be a good listener and make new friends.

Some Lessons You Have Learned From Hardships Of Life

1. You have the power to change your life at any moment.
2. It's okay to show that you care instead of pretending not to. Acting tough can hurt you.
3. Sometimes, going through tough times can help you see things more clearly.
4. Stay humble and don't let praise get to your head, but also have confidence and don't let insults bring you down.
5. Knowing when to move on from a job, party, or relationship is really important.

6. If you really need something, be careful not to let others take advantage of you.
7. When someone doesn't respond, it's a message in itself. Learn to listen to it.
8. You have the power to kick out any negative thoughts from your mind without warning.

What is something people need to understand?

1. Marriage is part of life; it's not life
2. Education is important but you are not defined by your grades, or your academic success, or what college you went to
3. Mind your own business. Interference is not necessary.
4. People who live abroad don’t have dollars growing on trees in their backyard
5. When someone says “no” then it means NO. Nothing less or more.
6. When disagreeing; you should disagree with the opinion not with the person (everyone has a different perception and respect that)
7. Life does not go your way and that is a good thing. If it was to go your way then there would be no value or meaning to it
8. If others dislike you then it's not a bad thing. You can't be everyone's cup of tea (some people don't even like tea)

What are ten truths everyone should accept in life?

1. People are going to talk about you, no matter what you do. **So you might as well do whatever brings you joy and live your best life**.
2. Share your progress, **not your goals**.
3. Some people are investments and some people are **bills**.
4. Every second you spend comparing your life to someone else's is a second spent wasting yours.
5. **Be selective. Protect your time**. Not everything that calls your name is for you.
6. Don't tell anyone what you're doing until it's done. **Outside energy can throw off goals**.
7. Listening ears have running lips. Be mindful of **who you tell your business to**.
8. Don't go above and beyond for people. Meet people as far as they meet you.
9. Act like you trust people, but **do not**.
10. **None of us sit high enough to look down on anybody. Be humble.**

What's the hardest truth of life?

1. **Control is an illusion**. Often times we believe that we have more control over things than when we actually do (leading us to overestimate our odds of succeeding).

2. We waste two things in life: *health and time*. Once we lose it then we realize their value
3. You don't have to wait for an apology to forgive
4. *Everybody gets hurt* and this leads to two kind of people; those who hurt others to make themselves feel better or those who try their best to not hurt anyone so no one goes through what they went.
5. Everyone's life is full of struggle, problems, regret, sadness, betrayal, and loss. You are not the only one with a "*bad life*." The only difference is that some don't complain while others do.
6. We pay the price for *everything we do* (some bad choices) *and don't do* (like not taking care of your health, or neglecting your loved ones)
7. Many of us lose good years by *loving and being loyal to toxic people*
8. We all age but only *some of us mature*

What is the most important thing in life?

1. The only way to appreciate something is to lose it
2. A single good friend is better than infinite bad friends. It's always quality over quantity when it comes to friends
3. Sacrifice is mandatory for anything or anyone you love. The more you love it, the less it will feel like a sacrifice

4. To ace something you need three ingredients: obsession, passion, and time
5. Lack of gratitude can make anything and everything worthless
6. Love is perfect since it creates and destroys
7. If you are afraid to do it then someone else will end up doing it
8. You rise when you fall and so do you succeed when you fail

"Golden Rule" When It Comes To Relationships

1. Never change yourself to get someone to like you since that is when you become unattractive
2. If you want to be content and satisfied then don't expect anything from anyone.
3. Never try to woo someone with your wealth because at the end you will lose both (money and partner)
a. Additional point: you can't force someone to love you, it happens on its own
4. I hear this from my mom; "the way to a man's heart is through the stomach." Which in other words means if you know how to cook good food you will be able to win any man's heart
5. Anger is destructive so when in anger just stay calm (or try to)
a. And never take out your anger on the wrong person

6. If you want someone to love you then you need to love yourself first
7. Before there is love in a relationship, there should be trust. If you don't have trust then you have nothing
8. Always listen to your guts and look out for red flags (things that disturb you)
9. If on the first date, your date gossips about others and keeps mentioning their ex then that's your sign to get up and walk away

a. If they can gossip about someone to you then they would gossip about you as well
b. If they mention their ex then they have truly not moved on and it just won't work out with you at the end (the next thing you know they break up with you to be with their ex)

10. **Forgive, don't forget but move on**

Can you write something so deep that it would make me feel something?

1. Shadows in our life are caused by standing in the our own sunshine
2. It takes nothing to join the crowd and everything to stand alone
3. I read somewhere you can't cross the sea by merely standing and staring at the ocean
4. My dad always told me that an arrow can only be shot by **pulling it backward**. SO remember

when life is dragging you back with difficulties, it means it's going to launch you into something great.

5. You can dive into water but you will never know how deep it is
6. Words are like a stone thrown in the sea, you don't know how deep it actually hurts someone
7. Living is not about staying alive but finding something to live for
8. The biggest mistake you can make is to hold onto someone who has already let you go

What are some unbearable truths that you should accept?

1.Mortality: Acknowledge that life is finite, and confronting the reality of mortality is essential for a meaningful existence.

2.Uncertainty: Embrace the fact that the future is unpredictable, and not everything can be planned or foreseen.

3.Vulnerability: Recognize that being open and authentic, despite potential vulnerabilities, is key to genuine human connections.

4.Change is constant: Understand that change is a natural part of life, and adapting to it is crucial for personal growth.

5.Failure is a part of learning: Accept that failure is not a sign of weakness but an opportunity to learn and improve.

6.Not everyone will like you: Understand that seeking universal approval is unrealistic, and it's okay if not everyone appreciates or agrees with you.

7.You can't control everything: Acknowledge that some aspects of life are beyond your control, and focusing on what you can influence is more productive.

8.Comparisons are detrimental: Realize that constant comparison with others can lead to dissatisfaction; focus on your own journey.

9.Happiness is an inside job: Recognize that external factors may provide temporary happiness, but true contentment comes from within.

10.Fear of the unknown: Accept that the unknown can be daunting, but facing fears is crucial for personal development.

11.Not everyone has good intentions: Be mindful that not everyone has your best interests at heart, and discernment is vital in relationships.

12.Forgiveness is for you, not them: Understand that holding onto grudges negatively impacts your well-being; forgiveness is a gift to yourself.

13.You are responsible for your reactions: Realize that while you can't control external events, you have control over how you respond to them.

14.Seeking perfection is futile: Perfection is unattainable, and the pursuit of it can lead to frustration and anxiety.

15.People change: Accept that individuals evolve over time, and relationships may transform or end naturally.

16.Loneliness is part of the human experience: Acknowledge that everyone, at times, experiences feelings of loneliness, and it's okay.

17.You can't please everyone: Understand that trying to satisfy everyone's expectations is impossible and can be detrimental to your well-being.

18.Success requires hard work: Realize that achieving meaningful goals often involves persistent effort and dedication.

19.Your past doesn't define you: Accept that your past mistakes or experiences do not determine your worth or potential.

20.Self-reflection is essential: Acknowledge that regularly reflecting on your thoughts and actions contributes to personal growth and self-awareness.

09 Ways to improve your conversation skills

I love this question! You're here to enhance, or at the very least, protect your social outlook that places significance on the intrinsic worth of yours, by asking this. I'll keep this short and tolerable -:)

5 things you can do immediately to converse better and gain more from any conversation:

1. Listen before you talk: Really listen! Stop assuming that the person talking to you is more interested in what you'll be saying back than you hearing them! Most times people just need a good ear, and in case you have a response, listening openly will help you generate a much more suitable response, you will unconsciously be taking their state of emotion into consideration upon responding.
2. Initiate greetings, Always: I've heard positive feedback about me being a part of an environment (almost all the time), and in every environment, just because I say 'hello' before I wait for any person to do so. People who tolerate no one seem to tolerate me due to this little trick, it's worth trying.
3. Carry out a conversation til it ends: Assuming you've got nothing emergent to do, stay in the conversation until it runs its course (which is usually less than 10 minutes, you can afford 10 minutes).

4. Look them in the eye during: All you've got to do -every now and then- in the middle of the conversation is to look them in the eye either when you talk or when you listen. It'll send a message that you're personalizing your time and words.
5. Stay light-hearted: a conversation is no more than a conversation. Try your best to be less defensive about what's being talked about (not easy, I know), but react within the limits of what's acceptable to the opposing person.

Fun Psychological Trick To Try On Someone

1. If somebody tells an offensive joke about you, ask them to repeat the joke or to explain it. In this case, the joke won't be funny anymore, while the person will feel embarrassed.

2. In order to stop feeling uncomfortable at an event or a party, arrive there a little earlier. It will give you time to choose a comfortable place and to get used to the environment or people. Additionally, people that are late usually get more attention than those who arrived on time or earlier.

3. If you know that someone wants to criticize you or your ideas at a work meeting, sit next to them. It will calm this person down a little.

4. To make your thought sound weighty, say that you heard it from parents or teachers.

5. Pay attention to the color of a person's eyes when you are being introduced to him and smile at the same time. Your eye contact will last for a couple seconds and build up a person's good attitude toward you.

6. If you'll need to shake someone's hand, warm your hands up in advance. Warm hands create a better impression.

7. If you can't say no to a person who constantly asks you for favors, start asking them to do something too. The more, the better.

8. When you first meet someone, make note of their eye color.

This isn't because their eye color is important, but by taking a moment to look and make note of it, you will be giving the perfect amount of eye contact. We all know eye contact is important in social situations.

9. If a person has not completely answered your question, or hasn't come around to see your point yet, try remaining quiet when they finish talking. Your silence will compel them to continue talking.

10. If you are always worried whether you locked the door or not or if your iron is off, just say some absolutely absurd phrase when doing these things (the phrase should be different every day.) For example, you say "green rabbit" and turn the iron off, or "oppressive crab"

and lock the door. The next time you think about your open/closed door, you will remember that you said this weird phrase and will calm down.

11. If you want to build a relationship with someone (for example, at work), just ask this person to tell/explain something to you even if you know the answer. This will improve their overall attitude toward you.

10 Facts That Will Make You Think Twice About Your Behavior

1. **Cuddling** kills depression, relieves anxiety, and strengthens the immune system.
2. When people are angry at you, if you stay calm it'll get them even angrier, and be ashamed about it after.
3. Always be honest so when you have to lie, people will believe you.
4. Couples who laugh together for at least 10 minutes each day will have a stronger relationship.
5. **99% of women** want to find a husband with a high appearance, good figure, and rich family, but it's a pity that most of the girls are not rich and handsome. Men are the same.
6. *Your lie will be more convincing* if you have to pee while you tell it. Because of a

phenomenon called the "**Inhibitory spillover effect**", focusing on controlling your bladder also allows you to focus on hiding any tells you might have when fibbing.

7. Speak only when your words are more beautiful than silence.
8. *Do not chase people*. Work hard and be yourself. By these two principles, the right people will find their way in your life.
9. Creative people are more likely to become depressed because they feel no one gets them.
10. When you talk, you are repeating what you already know. But if you listen you may learn something new.

Shocking Truths About Human Life

1. You can't know the day you will die even if you know what might kill you.
2. There's no unconditional love anywhere. You can only get some from your mum if you're lucky.
3. We forgive others easily than we forgive ourselves.
4. Everybody often smiles on social media but only a few are truly happy.

5. The concept of human origin might be a mystery till the end of time.
6. Nobody wants to be associated with a failure.
7. You can take good care of your health, implement safety precautions across all activities and still die young.

What are some well-known facts about human beings?

1. Every human is tolerant until it boils down to religion.
2. A mother often loves a child more than a child loves the mother.
3. When someone gives you something for free, they expect you to return the favour someday.
4. Everyone is logical until they fall in love.
5. Wherever humans find solace is where they call home.
6. Humans are quick to forget favours but quick to remember mistakes.
7. Humans are naturally curious but only a few make something out of that curiosity.
8. Every human is a product of their environment, mindset and association.
9. Nobody is leaving this world alive.
10. The best of humans are those who cherish humanity.

21 Tiny Habits That'll improve Your Life Effortlessly.

1. Make a habit of feeling lucky what something bad happens to you
2. Look at the sun for about 1–5 minutes first thing in the morning
3. Sleep enough to feel well-rested
4. Eat delicious food that you love, never be on a diet
5. Have clean hair and a nice haircut
6. Enjoy outdoors
7. Listen to music that makes me move and do something
8. Communicate with high-energy people
9. Write down a list of tasks for each day to achieve my weekly, monthly, and yearly goals.
10. Ask yourself every hour: what do I want now?
11. Ask yourself every hour how do I feel? Am I comfortable? Do I need to change anything to feel better
12. Flirt with people as much as possible
13. Walk briskly for an hour
14. Practice Sundo bellu button and low abdominal exercises
15. Read a poem out loud
16. Dance and move in a free way, shake your body
17. Look at yourself in the mirror and give yourself a lot of compliments
18. Do the routine things differently; if you are right-handed use your left hand
19. Walk a different route

20. Call someone and say to them that you love them

Most Interesting Facts About Human Behavior

1. When people see pictures of human faces, they tend to look at the eyes first.

2. People with low self-esteem tend to humiliate others.

3. People are much more likely to return a missing wallet if a picture of a child is found inside.

4. We blame a person's behavior on their personality (unless it's us).

5. People who walk at quicker pace are generally seen as more confident and happier than those who walk at slower pace.

6. You'll feel happier spending your money on others than on yourself.

7. The better relationship you have with your siblings, the more expert you are in the social domain of life.

8. There are genes that determine whether you're an early riser or a night owl.

9. People would like to break more laws if one law is too strict.

10. Larger groups make worse and more subjective choices than smaller groups of people.

11. Hanging out with friends can make you look more attractive.

12. We are more likely to twist the truth in our favor than accept it.

13. When someone approaches you with the phrase: “I need to talk to you about something”, your brain cycles through all the potentially harmful things you’ve done recently.

Psychological Facts About People That Dont Know

Here are my favorites.

1, Socially Awkward people are more faithful and loyal in relationships.

2, Men eat more when they're dinning with women that when they dine with other men.

3, When we hear a single negative thing, we at least damage five positive memories.

4, If you think that your Idol is in love with you, there's a huge chance that you are suffering from a mental illness.

5, Unattractive people think that they're attractive than they actually are. On the other hand, Attractive people underrate their attractiveness.

6, People who understands sarcasm are often good at reading people's minds.

7, People who have a strong Sense of Guilt understand others thoughts and feelings better.

8, If someone speaks less but fast, they can keep secrets.

9, Subtly mimicking another person's behavior makes you likable instantly. This phenomenon is called the Chameleon effect .

10, Strict parents can turn their kids into more effective liars.

Psychological Facts Can Use To Be A More Likable Person

- Enjoy yourself: You don’t always need to be around people. People will want to be with you when you are happy with yourself.
- Admit your mistakes: Swallow your pride and always accept your mistake. Deflecting blame is always seen as a weakness.
- When we hold onto our phone or set it in front of us on the table, it communicates that we value our device over who we’re with.

- Be a gentleman, stay mannered, humble, and respect everyone you meet. This is the most crucial of all in making you look more likable.
- Pretend your eyes are glued to your conversation partners with sticky warm taffy. Don't break eye contact even after he or she has finished speaking. When you must look away, do it ever so slowly, reluctantly, stretching the gooey taffy until the tiny string finally breaks.
- People like to feel heard, and being an active listener can make a positive impression. "Do this by staying engaged instead of focusing on what you'll say next," says Henderson. "Make sure to listen more than you talk, and shoot for a ratio of listening three times more than you speak."
- Energy is contagious. When we smile and are upbeat, it can make us more attractive. It also tends to trickle into others. Our vibe attracts our tribe.
- Whether it's easy or not, being honest with others is a sure-fire way to gain their trust as well as their respect.
- If you're a woman, a man will like you if you can make him feel masculine. No instructions, no advice and give him ample space.
- If you're a man, a woman will like you if you can make her feel beautiful. A high emotional quotient is also critical for a woman.
- Generally, accepting others as they are, makes you most likable.

- When a person can be their own self in your company without being judged, they like you more.
- Do not speak badly about others as this creates distrust.
- Do not spread false rumors and do not make accusations.
- Do not brag about your successes. Nobody likes a show-off.
- Be humble.
- Offer them food.
- When with a group of people, including everyone in the conversation. Never leave anybody out.

Craziest Facts In Psychology

1. Whenever someone is angry and confrontational, stand next to them instead of in front of them. You won't appear as so much of a threat, and they eventually calm down.
2. Open with "I need your help." People don't like the guilt of not helping someone out. When asking for a favor from someone, begin your request by saying "I need your help." It greatly increases your chances of getting that favor done.
3. Rephrase what the other person says and repeat it back to them. This makes them think you're listening and really interested in what they're saying. It makes them feel validated. Obviously, you don't want to overdo this.

4. If you want someone to agree with you, nod while you talk.This gets the other person to nod too, and they begin to subconsciously think they agree with you.
5. If someone doesn't like you, ask to borrow a pencil. It is a small enough favor that they won't say no, and it gets them to like you more. Check out the Benjamin Franklin effect for more explanation.
6. Fold your arms to determine interest. If someone is observing you, they will likely mimic you. Fold your arms, and see if they do it, too.
7. Repeat a person's name many times during a conversation. It helps you remember it, and makes them like you more.
8. If you ask someone to do you a small favor, cognitive dissonance will make them believe that because they did that favor, they therefore must like you. Benjamin Franklin effect
9. If you ask someone a question and they only partially answer just wait. If you stay silent and keep eye contact they will usually continue talking.
10. Chew gum when you're approaching a situation that would make you nervous like public speaking or bungee jumping. Apparently if we are 'eating' something in our brains trip and it reasons 'I would not be eating if I were danger. So I'm not in danger'.

Well-Known Facts About Human Beings

1.It takes about 66 days for an average individual to make something a daily habit.

2.Individuals who have a deep sense of guilt are better at identifying the emotions and concerns of the people around them.

3.We're naturally second-minded because other people don't approve.

4.Yawning to have someone else's yawn is a normal phenomenon, despite not feeling exhausted or asleep. One of the myths regarding its infectiousness is that people 'catch' it to express empathy.

5.An average individual's mind wanders 30% of the time.

6.Eye pupil rises to 45% when an individual looks at somebody they love.

7.During the 7 minutes of neural activity before dying, you will see your memories in a dreamlike pattern.

8.Having siblings is proven to help with getting along well with peers.

9.Food prepared by someone else tastes much better than your preparation, even when you use the same recipe.

10.Men aren't more entertaining than women: they only make more jokes, and they don't care whether others like their humour or not.

11.Shy people tell others very little about themselves, but they do it in quite a manner that makes other individuals believe they know them better than they think they do.

12.People are much more likely to return a missing wallet if a picture of a child is found inside.

13.Smart people tend to have fewer mates than the average person. The smarter the individual, the more selective they become.

14.People who speak two languages can unintentionally change their personalities when they switch from one language to another.

15.People would rather change the truth than change their views about people.

Rules For Powerful And Impressive Men

1.Authenticity: True power comes from being authentic and genuine, embracing one's values and principles.

2.Resilience: A powerful individual remains resilient in the face of challenges, learning from setbacks rather than being defeated.

3.Confidence, not Arrogance: Confidence is magnetic, but arrogance can repel. A powerful man exudes confidence without belittling others.

4.Emotional Intelligence: Understanding and managing emotions is a sign of strength, fostering better relationships and decision-making.

5.Continuous Learning: A powerful man never stops seeking knowledge, staying curious and open to new ideas and perspectives.

6.Strategic Thinking: Plan and execute actions with a long-term perspective.

7.Decisiveness: Make informed decisions promptly when needed.

8.Humility: Acknowledge strengths and weaknesses without arrogance.

9.Leadership: Inspire and motivate others with a strong sense of direction.

10.Empathy: Understand and connect with others on a personal level.

Awkward Psychological Facts About Human Beings

1.Bizarreness Effect: People tend to remember bizarre or unusual information more readily than common information.

2.Baader-Meinhof Phenomenon: Once you notice something for the first time, you seem to see it everywhere shortly afterward.

3.Frequency Illusion: After learning something new, you start noticing it everywhere, creating a false impression that it's more common than it is.

4.Dunning-Kruger Effect: Incompetent individuals often overestimate their abilities, while highly competent individuals may underestimate their own.

5.Fregoli Delusion: Some people believe that different individuals are, in reality, a single person who changes appearance or is in disguise.

6.IKEA Effect: People tend to value objects more if they've put effort into assembling or creating them.

7.Spotlight Effect: People often overestimate how much others notice and remember about their appearance or behavior.

8.Paradox of Choice: Having too many choices can lead to indecision, anxiety, and dissatisfaction.

9.Hindsight Bias: After an event occurs, people tend to believe they predicted or expected the outcome more than they actually did.

10.Cognitive Dissonance: The discomfort people feel when holding conflicting beliefs or attitudes, leading them to rationalize or change their opinions.

11.Foot-in-the-Door Phenomenon: People are more likely to agree to a large request if they have already agreed to a smaller one.

12.The Hummingbird Effect: Small actions or events can have far-reaching and unpredictable consequences over time.

13.Mere Exposure Effect: People tend to develop a preference for things merely because they are familiar with them.

14.Rubber Hand Illusion: When a rubber hand is stroked simultaneously with a person's real hand, the brain can perceive the rubber hand as part of their own body.

15.Pygmalion Effect: Higher expectations lead to an increase in performance, while lower expectations lead to a decrease.

16.False Memory: Our brains can create memories of events that never happened, often influenced by suggestions or external factors.

17.Deja Vu: The feeling that you've experienced a situation before, even if it's happening for the first time, can be disorienting and strange.

18.Cotard Delusion: A rare psychiatric disorder where a person believes they are dead, do not exist, or have lost their internal organs.

19.Capgras Delusion: Individuals with this delusion believe that someone close to them has been replaced by an imposter.

20.McGurk Effect: Visual information can influence what we hear, leading to a perception mismatch between auditory and visual cues.

Make Every Act A Success with Will and Focus

God or infinite intelligence comprehends only success and not failure, and that is why God can only succeed and never fail. If we can realize who we are as projections of God consciousness, we can achieve the same unfailing results of omnipotence. The way to thinking and acting like God is to put yourself wholly into every action. Focus all your intent and energy into the process of creation itself. Do or don't do, there is no try. Do it fully and believe it to be a success. The result will only be as you intended.

All creation is an act of will. With the power of the will, you can do anything. The reason for different degrees of success among men lies in the level of will utilized. The will is the faculty of concentration. The level of concentration is level of will. The difference in concentration explains the difference in the manifestation of mental power among men. Through concentration you can get anything you desire. Every desire can be gratified. But whether it is, will depend upon you concentrating to have that desire fulfilled.

You have to intend into the action or process. Every action can be made powerful and successful by holding your vision while doing it, and putting your

whole purpose and faith in it. Most people fail by separating mental power from personal action. They use the power of mind at one place and time, but yet they act at another place and time. So their actions are inefficient and unsuccessful. But if all power both mental and physical goes into every act, no matter how ordinary, every act will be a success in itself.

Fibonacci Series - Prediction of Future

What is Fibonacci Series?

Fibonacci Series is very popular among mathematicians and computer scientists. It is nothing but a series of numbers like any other number series.

Such as 0, 1, 1, 2, 3, 5, 8, 13, 21, 34, 55, 89, ... By having a superficial analysis of this series, one can easily conclude that every step is the sum of the previous two steps. If we take the ratio of any two steps in this series except the first step which excluding zero, then this ratio will be around 1.61 .

Fibonacci to Golden Ratio

Some mathematicians and philosophers call this ratio 1.61, as Golden Ratio or the ratio of nature. They rightfully argue that everything in this nature follows this golden ratio. Such as in leaves of trees or even at the logo of Apple. I won't dive much deeper into the concept of

Golden Ratio, but if you do a simple Google Search by keyword "Golden Ratio", you will find something like this.

Connection to Future

The formula to future is simple enough. This formula comes from the concept of Fibonacci. In Fibonacci, every next step is the sum of previous two steps. Life also follows the Fibonacci, every event in future depends on your past actions. These future events are the sum of your past events. In this way what we are doing today will shape our tomorrow.

Let me give you an example, when Steve Jobs was studying at college he took the calligraphy class out of sheer interest. Calligraphy, the study of fonts, was not a hot shot class. Still, Steve attended the class and acquired the knowledge of aesthetics of fonts. Later on, when he was in Apple his knowledge of font aesthetics became useful in designing beautiful Apple fonts. As we know that Apple is insanely famous for its design sense hence a minor event from Steve's past helped shape the future of a company.

Another example is of Mahatma Gandhi. While he was studying in London, he read various works of Tolstoy and also used to discuss religion with a Jain monk who happened to be a friend of Gandhi. These discussions led the Gandhi to a firm belief in the inherent goodness of humankind and nonviolence. Who knew that these discussions and readings done just for fun, would change

the course of humanity and inspire many civil nonviolent movements across the world.

So whatever we are doing today will shape our tomorrow. Even if we do something for fun, it will help form our future. So invest your time wisely. Life is too short.

How Divine Timings Works?

HOW DIVINE TIMINGS WORKS, NATURE AND HOW MAN CAN GET BENEFIT FROM IT

Divine timing is the belief that everything that happens in our lives happens for a reason and at the right time. It is the idea that there is a higher power or force at work in the universe that is guiding our lives and helping us to achieve our goals.

There are many different ways to understand divine timing. Some people believe that it is a sign from God or a higher power. Others believe that it is simply the result of the laws of nature or the universe. Still others believe that it is a combination of both.

There are many ways to see divine timing in action. For example, you may have been waiting for a job offer, and then it comes just when you need it most. Or, you may have been trying to manifest a specific relationship, and then it happens when you are finally ready for it.

Divine timing can also be seen in the small things in life. For example, you may be running late for an appointment, but then you find a parking spot right in front of the building. Or, you may be lost, but then you come across a helpful stranger who shows you the way.

There are many benefits to believing in divine timing. First, it can help you to relax and let go of control. When you trust that everything is happening for a reason, you don't have to worry about trying to force things to happen. This can lead to a more peaceful and stress-free life.

Second, believing in divine timing can help you to be more patient. When you know that everything will happen in its own time, you don't have to rush things. This can lead to better decisions and more fulfilling experiences.

Third, believing in divine timing can help you to be more grateful. When you see the good in all that happens, you are more likely to appreciate the positive things in your life. This can lead to a more joyful and fulfilling life.

No matter how you understand it, divine timing can be a powerful force in our lives. It can help us to trust in our intuition, to let go of control, and to surrender to the flow of life. It can also help us to manifest our desires, to achieve our goals, and to live a more fulfilling life.

There are many ways to benefit from divine timing. Here are a few:

- **Trust your intuition.** When you trust your intuition, you are more likely to make decisions that are in alignment with your highest good.
- **Let go of control.** When you let go of control, you open yourself up to the possibility of divine timing.
- **Surrender to the flow of life.** When you surrender to the flow of life, you allow yourself to be guided by the universe.
- **Manifest your desires.** When you believe in divine timing, you are more likely to manifest your desires.
- **Achieve your goals.** When you trust in the universe, you are more likely to achieve your goals.
- **Live a more fulfilling life.** When you live in alignment with your highest good, you are more likely to live a more fulfilling life.

Divine timing is a powerful force that can help us to live our best lives. If you are open to it, divine timing can help you to trust your intuition, let go of control, surrender to the flow of life, manifest your desires, achieve your goals, and live a more fulfilling life.

Here are some signs that you may be experiencing divine timing:

- You keep seeing repeating numbers, such as 1111 or 222.

- You have synchronicities, such as meeting someone who you know is meant to be in your life.
- You have a strong feeling that something is going to happen, and then it does.
- You feel guided to take a certain action, and then it leads to something positive.
- You have a sense of peace and calm, even when things are chaotic around you.

If you are experiencing any of these signs, it is a good indication that you are open to divine timing. Trust your intuition and follow your heart, and you will be led to the right path.

How do I improve my eyesight naturally?

It is possible to improve your eyesight with eye exercises. I have used some of the following methods to improve my eyesight significantly. The key to success is patience. People just don't stick with anything for long and therefore results cannot manifest. I used to have astigmatism. My eyes would worry me, everything was blurry and foggy. I could however see at a moderate distance but at a certain distance I could not make anything out in real true clarity. I couldn't see street signs, subway signs, and even people's faces very well from a distance. But after implementing some of the following

techniques and exercises I'm about to share with you My vision went from 20/30 to 20/25 in just one month. I do eye exercises every day. There are certain measures that can be put in place to stop your eyes from getting any worse.

1. If you spend a long time staring at a computer screen, tablet, or phone; then try to let your eyes rest every 15 to 20 minutes. Look at something far away and let your eyes move freely as staring at something for a prolonged period only deteriorates your vision.
2. When your eyes feel tired massage them. Use your middle and index fingers to massage your eyeballs in a circular motion clockwise for 20 times then counterclockwise for another 20 times. You can also massage your temples and your eye sockets but be careful to only put pressure on the bones of your eye sockets.
3. Palming. Palming is great as it gives your eyes conscience rest. Sit with your elbows on a desk and put and put your face in your hands, cupping your palms over your eyes. Don't press- your touch should be light and gentle. You can do this for up to 10 minutes.
4. Go outdoors. Let your eyes move freely over objects as if you were painting them with a paintbrush.
5. Pencil/ pen focus. This exercise focuses directly on the lettering of the pen or pencil. In any case, you will not be able to use any other elongated object. You can stand or sit. Firstly, look at the pencil or pen you are going to use and choose a letter from among the writing on the side of the pencil. This will be the letter you will focus on. Now hold your arm out at eye level, holding the pencil or pen upright, with the lettering facing you. Search for your

letter. you may not be able to see it clearly. Bend your arm and bring the pencil or pen closer and closer (or further and further away, depending on your eyesight) until you can see your letter clearly. Bring it closer and closer to your face, as if you were going to tap your nose with it. Halt when the letter becomes blurry. Extend the pencil or pen back out again, and repeat the exercise several times.

These are just a small number of exercises that I have done, of course, I don't do all of them every day. But if you like this post then I can give you some of the more effective eye exercises and techniques that you can do to preserve and improve your vision.

How Negativity Actually Messes With Your Brain Chemistry

Having a bad attitude can do more than just make you an unpleasant person to be around; it can mess with your brain chemistry too.

"When we think in negative ways, we are often consciously or unconsciously frightened or worried about an issue or an outcome," says clinical psychologist Dr. Carla Manly. "Such negative, fear-based thoughts keep the brain in a fearful state."

But that's not all – turns out, negativity can increase your risk of stroke, decrease your cognitive functioning, and more. Don' believe us? Here's why you might reconsider viewing the cup as half empty.

It encourages more negative thoughts in the future

Neuron connections form and become more pronounced with the repetition of certain thoughts or the reimagining of experiences. "If the persistently-visited thoughts are negative, that forms a quick and easy, embedded path to revisit and reinforce negative thoughts," says licensed psychologist Dorian Crawford. "Increased negativity reinforces negativity and makes it more efficient to access as the dominant thought pattern."

It raises cortisol levels

Cortisol, also known as the stress hormone, directly affects the brain. "Negative processing is often associated with stress, and stress often results in an increased release of cortisol," says Crawford. "This increases white matter in the brain. Neuron activity is less efficient in white (versus grey) matter, making your brain susceptible to responding less effectively to stress or difficulties."

It triggers a fight or flight response

Negative thoughts can also involve the thalamus, which helps our bodies prepare for a fight or flight option in response to danger. "If your brain repeatedly perceives stress and negative events as dangerous, the thalamus will trigger the fight or flight response, flooding the body with adrenaline and possibly triggering a panic attack," says Crawford. "At the very least, anxiety is heightened, which reduces the brain's ability to manage complex processing."

It increases your risk of stroke

According to research, anger and hostility can lead to a greater risk of stroke. "The way in which this happens is that negative emotions activate the hypothalamic pituitary adrenal (HPA) axis, your body's built-in stress response system," says licensed psychologist Nicole Issa. "The changes in neurological and endocrine systems lead to risk factors of stroke."

It can decrease your cognitive functioning

When you have emotionally-charged thoughts, most often negative ones, your limbic system takes over. "Your prefrontal cortex, which is used for cognitive functioning and organization, has energy diverted away from it," says Issa. "As a result, you can't think as clearly."

Parents: Our Greatest Supporters

"Children are indebted to their parents for their upbringing — if the parents did so. While some parents are so fiercely independent that they will accept no return on the obligation, it is nevertheless true that there often comes a time when it is the turn of the younger generation to care for their parents." — L. Ron Hubbard
How much did your parents pay to raise you? How much did they pay for your food, clothing, medical care, dental care, housing, education and so on?
According to the U.S. Department of Agriculture, raising a child in an average American home currently costs $233,610 or around $12,980 per year. Over a quarter-million dollars!

For some of our parents, raising us was a major financial burden for 18+ years.

On top of that, raising us was time-consuming and stressful, at times. Our parents may have sacrificed their careers or businesses to take care of us.

Some children say, "I don't like how my parents raised me. They ruined my life. I owe them nothing!" Even if true, we must remember this:

"One cannot overlook the fact that almost always, parents are acting from a very strong desire to do what they believe to be best for the child. In spite of all, one must remember that they are the only parents one has. And as such, no matter what, one should honor* them and help them." — L. Ron Hubbard (*honor: to respect; to treat with courtesy)

Because most parents do not want you to repay the thousands they invested in you, you can and should honor and help them.

Ten Ways to Honor and Help the People Who Raised You

1. Always remember Mother's Day, Father's Day and their birthdays.
2. Talk to them or visit them on a regular basis.
3. Be generous with them.
4. Share your successes.
5. Stop asking them to solve your problems. Start helping them with their problems.
6. Treat them with respect and courtesy at all times.
7. Ensure they have the healthcare insurance and long-term care arrangements they might need.

8. Get your brothers, sisters, nephews, nieces and children to honor and help them.
9. As they reach the ends of their lives, ensure they are as happy and comfortable as possible.
10. Thank them for raising you, teaching you and helping you start your adult life.

Summary

To be a huge success, you need all areas of your life to be in good shape. If you have a strained relationship with your parents, it will pull you down to a degree. If you have a wonderful relationship with your parents, it will give you a solid support base on which you can build your success.

After all, your parents have been interested in your success for more years than anyone else you know!

How can you honor and help your parents this week?

What are the ways to become a high quality man?

1. Make decisions for yourself and do not follow the opinions or actions of others.
2. Have a clear sense of who you are and what you stand for.
3. Spend time reflecting on your thoughts and emotions and deeply understand yourself.
4. Be capable of taking care of yourself and do not rely on others for support.
5. Enjoy spending time alone and find it more fulfilling than being with others.

6. Have a few close friends or family members and do not rely on the need for an extensive social network.
7. Enjoy exploring ideas and concepts and be comfortable contemplating complex topics.
8. Do not seek validation from others and be comfortable relying on yourself.
9. Have a unique perspective and approach to life and be confident going against the crowd.
10. Do not conform to societal norms or expectations and march to the beat of your drum.

What is the harsh truth of life?

1. Life is **SHORT**, but the days are **LONG**.
2. Being a good person doesn't often pay.
3. The world doesn't wait for you to be okay.
4. Anxiety is just a distorted perception of reality.
5. Even your best friend can turn into a stranger super fast.
6. You can't help someone who doesn't want to be helped.
7. When someone dies you are never seeing them again.
8. Most people will be essentially forgotten after a few generations.
9. Love can destroy your life just as much as it can brighten your life.
10. A majority of adults are still essentially children in grown-up bodies.

11. Family doesn't always mean blood. And blood doesn't always mean family.
12. You can do everything right, give something 100% effort, follow all the rules, and still fail.
13. When it comes to grief Time does not heal all wounds. It dulls it, but one trigger and it floods back.
14. No matter how much you care for and value someone they're never obligated to be the same to you.
15. Even if you treat someone well and you both love each other, it doesn't always kept like a movie.
16. Being the hardest worker will not always equate to being the one rewarded or recognized for accomplishments.

What are some interesting life hacks?

1. Too lazy to read a full article ? The chrome extension TDLR will give you quick summaries of Long articals online.
2. want fullfier White rice: add a teaspoon of lemon juice to the boiling water before You put the rice in the pot
3. Places to take real college courses for free:

- Coursera (Coursera | Online Courses & Credentials From Top Educators. Join for Free)
- MIT Open Courseware (Free Online Course Materials)
- Open Yale Courses (Open Yale Courses)
- John Hopkins Open Courses (JHSPH OCW)

- Oxford Math Open Courseware (http://Maths.ox.ac.uk/courses)

4. On MyFridgeFood - Home you can put in whatever you have in your fridge and it will tell you everything you can make with them.

5.Make a password into a goal of yours so you constantly have to be reminded of it.

6.A cure for headaches: Take a lime, cut it in half, and rub it on your forehead. The throbbing should go away.

7.If you ever go to a zoo, wear the same colors as the employees do. The animals will come right up to you instead of backing away

8. If you have a tough decision flip a coin, not to decide for you, but you'll realize what you really want when it's in the air.

9.Don't know what to get for someone on their birthday? Tell them that you had already got the gift let them guess 3 things and boom you have three things that they actually want.

10.Rub Canola/Olive Oil on your knives before cutting onions to prevent your eyes from tearing up.

Things You Should Not Do In Your Life

1. Never get upset if someone leaves you. You can never control the other, the only person you can control is yourself.
2. Be a good person and don't expect anything from anyone. Expectations will cause you nothing but disappointments.
3. Looks matter. People who look good have an unfair advantage over the others.
4. Never stop being a good person because of your bad experiences with others.
5. If you don't take a stand for yourself, people will walk all over you.
6. Find a strong support network. Good contacts are very important in tough times.
7. Work hard but if you don't work smartly, you'll end up working for the rest of your life.
8. Take care of your health. Health is like money; we only learn it's value after losing it.
9. People can change anytime, so never stay dependent on anyone.

Identify Intelligent People Based On Their Behavior

1. They can ask perfect questions
2. When they explain something they make you feel intelligent. They effortlessly communicate complex concepts in a simple way.
3. They aren’t afraid to say they don’t know the answer to a question.

4. They can genuinely consider an idea that opposes their worldview without necessarily accepting it.
5. They admit to changing their mind about something
6. They are curious about everything.
7. They say they love learning and they learn something new every day. Then they listen more than talk.

What have you learned from your mistakes?

- Do not tell your family everything. it will backfire.
- Don't tell your closet friends everything. It will backfire.
- Never tell anyone about how much you have in your bank account. That's only for you and the bank to know.
- work hard in silence.
- Don't chase Women. Chase goals. Never compromise with your career and self-respect for your girlfriend/boyfriend. If you've to choose, please choose the former one.
- Don't be too kind. Not everyone has your heart. Never trust anyone in first few meetings. Looks are deceptive, talks are sugar-coated and people show their best at first.
- There will never be anyone like you

- Read as many books as you can. Knowledge is power.
- Eat healthy food. Your body will thank u later on.
- Prioritize solitude time. Your soul needs it.
- Never argue with stupids. They have the power to make you feel worthless and doubtful.

Things To Avoid For Personal Growth

- Don't give up after the first failure. Rather, see failure as a learning opportunity and chance to grow.
- Don't waste time feeling sorry for yourself. Instead, focus on the positives and practice gratitude.
- Don't shy away from change. Accept that change will happen and create a plan to deal with it.
- Don't make the same mistakes over and over. Avoid repeating mistakes by studying your previous mistakes and learning from them.
- Don't give away your power. Instead, set healthy emotional and physical boundaries.
- Don't expect immediate results. Instead, develop realistic expectations and timelines for reaching your goals.
- Don't focus on things you can't control. Instead focus your efforts on what you can control.
- Don't feel the world owes you anything. Be realistic about who you are and develop a healthy amount of self-esteem.

- Don't fear taking risks. Instead, take wisely calculated risks to reach your dreams and goal.
- Don't resent other people's success. Create your own definition of success and work towards it.
- Don't dwell on the past. Instead, focus on the lessons you learned.
- Don't fear alone time. Do spend time alone to understand and rejuvenate yourself.
- Don't worry about pleasing everyone. Go ahead and accept that you can't please everyone.

How can you tell if a friend is fake?

If you are very alert, you will know pretty early. Here are the indications:

1. Use you to any benefit on their end
2. Don't share in your happiness or accomplishments.
3. Envy. Somehow you feel it.
4. Incite others to bully you or make you as miserable as possible.
5. Giving you bad advice.
6. Encouraging you to take irrational risks.
7. Introducing you to addictions.
8. Introducing you to bad company.
9. Lies
10. Deceitful behavior.

What are some paradoxes in life?

1. To get a loan from the bank you need to prove that you don't need a loan.
2. The more you seek approval from others, the less you will get it.
3. You can only be brave when you are afraid.
4. We aren't wired to be happy and fulfilled, but to be miserable and safe.
5. Wisdom is realizing that you know so little.
6. A king and a slave have the same duties i.e. to serve others.
7. Whatever you think is stopping you from living the life you want is not stopping you, but only you.
8. To receive more you must give more.
9. People who can't trust, can't be trusted.
10. The more you fail, the more likely you are to succeed.
11. Working hard doesn't make you successful. Bringing value to the marketplace does.
12. The more you try to stay afloat the more you sink.
13. The more afraid you are of death, the less you'll be able to enjoy life.
14. The more you learn, the more you realize how little you know.
15. We love romance, but we don't love being romantic.

What are some life lessons you learned in 2023?

1. **Do things you do not feel ready for yet.** Many of the best things in life happen when you say *"yes"* to things you are scared of, feel not ready for, and that make you uncomfortable. If you, in any way, believe it can be good for you objectively, then **do it.** Do not let your fear of what may come keep you from experiences that can change your life.
2. **Being surrounded by the right people matters so much.** That means you must *invest* into these people and relationships. Give to the people around you and you will get something back.
3. **Get out every week.** Never stay home for longer than 7 days in a row. You *must* go out to some event every week, even if it is just a small get together, dinner with your partner, or meeting a friend for coffee. *Get out of the house*. And no, going to work does **not** count.
4. **You are more amazing than you view yourself to be.** We are own worst critics. Try asking other people what they admire in you, and you will likely find things that you find hard to accept.
5. **If it's not a clear *"no"* then it defaults to a *"yes"*.** When you are contemplating anything that may be good for you, then you only have one chance to give a clear *"No"*. Whenever there is doubt of whether or not you truly do

not want to do it, **just do it.** This goes along with #1 but is the best way to get out of your comfort zone and push into being a better, braver, and more successful you.

6. **Expecting nothing is one of the greatest freedoms you can have.** Expect nothing from any date, flirtation, from any interview, interaction, sales call, get together or any interpersonal activity at all. The less you expect the more freedom you feel to act the way you want to. Get out of your head and just do what you can.
7. **Love does not have to be romantic.** Stop trying to limit the term *"love"* to only romantic love. You love your friends, family and can love yourself in a non-romantic way. Express more of that and do not worry how it is perceived. Hug your friends, compliment them, tell them how much they mean to you and just share more of what you feel inside. The more you do the better *you will feel about yourself*.
8. **Go at life with everything you have.** In every situation, make the most out of it. Do not hide parts of you or limit who you are and live each moment to its fullest. *Commit to the experiences you make*. You said *"yes"* to this, so go and live it up!

Facts About Human Behavior

1.If someone call you again and again without any reason means they are **lonely** in life.

2. **Selfish** people are generally competitive.

3. People who want to gain **respect**, they will always show bad qualities of others.

4. People prefer a person who is **straight forward** rather than diplomatic.

5. People who take less sleep, eats **alot**.

6.Gossiping is other **psychological condition** where people want to gain attention.

7. Your choice of **food** will depend upon weather.

8. People who like **orange** color are joyful.

9. Most irritating feeling in a **relationship** is doubt.

10. You are more reactive when you are with your **crush**.

Rarely Known Facts Of This Universe

1. Humans have explored outer space more than the ocean: only 5% of the ocean has been discovered.
2. Our solar system is 4.6 billion years old.
3. Scientists believe the Earth will be destroyed by celestial phenomena in the next billion years.
4. It would take 450 million years for a modern spacecraft to reach the center of our galaxy.
5. Pluto is smaller than the U.S.

6. Your limbs will float when you sleep in zero gravity.
7. A black hole can destroy a star if it passes too close to it.
8. We can only see 5% of the universe from Earth.
9. Space is only 62 miles away.

Signs That You're Doing Better Than Before

1. Change is a sign of growth. Don't fear change, fear that you stay the same.
2. Going though hardships is good! It means you are growing stronger, even if it's tough.
3. Having goals and being serious about them means you are doing way better than you think.
4. Having friends to count on is a sign that you are blessed - even if it's just one person.
5. Most people run away from their problems or blame others. But you own your mistakes and Learn from them.
6. You trust that everything will be alright. You trust that the universe has great things in store for you and you take action to bring them into reality.

Start A Conversation With Anyone

1. Say Hi! Smile. Eye contact.

2. Compliment them like praise their personality or way of talking.
3. Point out things you like/found interesting.
4. Be natural. Don't overthink it.
5. Find out things that you both like.
6. Be able to speak about a variety of subjects.
7. Keep up to date about current events.
8. Be a positive person.
9. Talk about something that happened that they might know of.

You Should Avoid To Make Your Life Peaceful

1. Stay single for a long time when you have just broken up. Don't go into rebound relationship. When you stay single, You will explore more about yourself. You will know your limitations and what works for you and what doesn't. In short,You will know your worth.
2. Social media addiction. You should quit it and start living your life in reality.
3. Relying on anyone especially emotional wise. Never get attached with anyone. When you are surrounded among people who matters, shower them with love, care and respect. But, don't get emotionally attached with anyone.
4. Restricting yourself to flourish in life. Try everything in life. Explore what works for you in general. Don't say no to anything until and unless it harms you.

5. Never share your next move to anyone.
6. Don't spend more than you earn. Live your life below your means and save that money.
7. Neglecting your health. Do everything that keeps you fit and healthy. Eat clean. Workout. Eat out less. Cook your own meals. Avoid bakery items, processed foods and deep fried foods. Eat fibre. Go vegetarian. Do everything that works for your body.
8. Trust no one blindly. Set boundaries and don't let anyone cross that path.
9. Don't stop creating new ideas and keep your brain healthy. Read books. Try painting. Try anything that lets your brain stay active.
10. Don't be afraid to say No. Don't force yourself to say yes when your heart doesn't wants to do it. Listen to your heart and treat it respectfully. Be fearless and disappoint others inorder to accept yourself and be yourself. It is a form of self love and don't let anyone and anything stop you from that.

Your Advise For Others

1. The things you think are important and meaningful don't determine your future.
2. A "beautiful" body won't make you happy for so long, a healthy one does.
3. Letting go is always difficult but it's important for personal growth.

4. The only thing you can change is yourself, not other things that are out of your control.
5. Trustworthy people don't make you doubt if you can trust them or not.
6. Don't waste your precious time on the wrong people.
7. People don't fall apart just because they're busy, but because of their differences.
8. Traveling changes the way you think. So, explore as much as you can and don't settle.

Fabulous Rules For A Happy Relationship

1. When you make a mistake, admit it and ask for forgiveness.
2. Don't both be angry at the same time.
3. If one of you has to win an argument, let it be your spouse.
4. Don't go to sleep with an unsettled argument.
5. Prioritize each other over everything else.
6. Only yell at each other if the house is on fire.
7. Don't bring up past mistakes.
8. If you need to criticize, do it lovingly.
9. Say something kind or give a compliment to your partner every day.

What are some green flags about someone?

1. They value and respect you for being you, rather than expecting you to be fit some mold.
2. They can accept when they are wrong about something without getting angry or defensive.
3. They treat everyone equally, regardless of the other person's status, job, popularity or anything else.
4. They do the right thing even when they think nobody is watching.
5. They're willing to admit they're wrong and re-evaluate their stance on something.
6. When they actually ask you follow-up questions when talking to you, rather than just switching straight to their own answer.
7. They treat animals nicely.

Who can never live a happy life?

1. The person who is always comparing him or herself to others.
2. The person who doesn't forgive.
3. The person whose sense of self-worth is wholly dependent on his or her accomplishments and human praise.
4. The person who doesn't practice thankfulness.
5. The inauthentic people-pleaser.
6. The addict.
7. The person whose hope and faith are solely in humanity.

What is the weirdest life lesson you have learned in your life?

1. Blook and vows don't mean shit, insist on how you want to be treated and cut out whoever won't respect it.
2. Apologies don't mean shit, think of it as a country's pledge said by corrupt government officials.
3. Age doesn't mean shit, it inspires complacency more than it does wisdom.
4. Standing up for yourself doesn't always have to be vocal and defiance, mindfucking a bully sends a louder, unforgettable message.
5. Sit with your raging feelings instead of telling anyone. Talk out loud to yourself more often, your own ears are way better advisers than 80% of the people you go to talk to.
6. Relationships die once there's a constant “mediator”, no matter how well the mediator means.
7. Most people need listening ears but are deeply terrified by the utter silence of anyone paying them full, undivided attention.

10 Hard truths about life you should know

We all want our lives to be successful. But “success” looks different for everyone.

Maybe for you, success means thriving in your career and having financial freedom. For me, it looks like solid friendships and taking care of my mental health. For others, it might be having a happy family life.

Whatever your definition of success may be, they all ride on a few fundamental truths that are hard to accept. These truths go against what we've been told and the lies fed to us about how life works.

But the moment you accept these truths about life, everything becomes a whole lot easier.

Not everyone will like you.

A friend of mine was recently broken up with by his girlfriend. Even though he was heartbroken, he said there were things about her he didn’t like. “She changed her personality based on who she was around,” he explained.

The catch is, my friend’s ex saw that as a good trait. According to my friend, his ex explained that her

chameleon-like personality made the people around her happier; they liked her more because of it.

She sacrificed being her authentic self in exchange for people's acceptance. And while it might feel great when people enjoy being around you, it's impossible to have everyone like you.

So is it worth acting like someone you're not just to gain a few friends who may not even like the real you?

There will always be someone who is "more," so focus on your lane.

When you're trying to achieve a goal in life, you'll never succeed if you're constantly looking at what everyone else is doing. You'll always find someone who's more successful/pretty/outgoing/privileged.

The point is: focus on what's happening to you. Don't compare yourself to other people because all that will do is make you feel inadequate. Besides, if you're doing things in a way that's true to you, other people aren't your competition.

Lean in to what makes you unique, and let that be what gives you the confidence to keep going.

Everyone has their own version of you in their head.

I once dated a narcissist who did everything in his power to control my life, tear my self-confidence down, and make me believe my reality was unreliable. Then, when he left me, he had the audacity to call me the "crazy" ex.

The thing is, though, in his mind, I most likely was the crazy ex. Between his refusal to see his own faults and his actions driving me to be someone I wasn't, an image of myself lived in his head that wasn't reality.

And he's not the only one. My parents still think of me as their child, even though I'm an adult. The people who follow me online see me much differently from my boyfriend, who I live with.

These people have different versions of me that live in their heads based on their experiences with me. While it can be tempting to try to control those images, all I can do is live my life and let people think what they want.

Your pain isn't unique.

James Baldwin once wrote, "You think your pain and your heartbreak are unprecedented in the history of the world, but then you read." Every heartbreak, obstacle, or painful experience has been felt by someone before.

And this isn't to make you feel like you're not special or that you're overreacting; it's to help you realize that you're not alone.

In a world filled with billions of people, nothing is more lonely than struggling in silence. At the very least, reach out to a friend or research your experience. You'll realize there are people out there who can help you through anything.

You can't force someone to love you.

I've made this mistake one too many times. I thought through sheer will that I could make someone choose me. That the person I loved would have to love me back, simply because of the strong connection I felt.

But you can't control who loves you, nor can other people control who they love. No matter how hard you try to make someone love you, forcing things won't change their mind.

If the person you love wants to be with someone else or falls out of love with you, let them leave. Yes, it'll hurt. But it's better than trying to convince another person to love you in the way you deserve.

You'll never be good at everything.

Before I became a writer, I worked as a technical recruiter. The job requires many skills: sales, an eye for talent, and working a database. No matter how hard I tried, I couldn't master the art of sales (probably because I hate lying).

Eventually, I was let go from that job. I could've felt like a complete failure or continued trying my luck at recruiting, but instead, I came to terms that recruiting wasn't for me. The decision eventually led me to my career today.

Sometimes, you're going to suck at things. Sure, you can work hard and become better, but not everyone can achieve greatness in every single thing they try.

So the question is, do you let that bring you down, or do you let it guide you?

You're more likely to become stuck than become unstuck.

There are a lot of ingredients that go into becoming stuck. Complacency, comfort, laziness, disinterest, confusion, and fear, just to name a few. That's a lot of paths to a single destination.

But there's only one path towards becoming unstuck, and that's hard work. Change only comes to those who take the necessary steps to create that change. You can't wait around for someone to do it for you.

That's why it's much easier to become stuck in life and the reason why a lot of people are unhappy. In this case, you can either be part of the majority or be one of the people who beat the odds.

Learning to be alone is one of the hardest but most rewarding things you can do.

Ask yourself this question: when you come home from running errands and sit down in an empty apartment, what do you do? How do you feel?

Many people feel anxious. They don't want to be alone, nor do they know how to spend that time. Left alone with their thoughts, they feel more and more horrible about themselves because, the fact is, they don't like themselves.

And while it might seem unimportant to change things so you can learn to enjoy being alone, it's actually the best gift to give yourself. The person you'll spend the most time with in life is yourself.

You might as well enjoy your own company.

Growth is uncomfortable.

As someone who gives dating advice for a living, I receive many comments from people who make excuses for changing their lives. They'll say things like, "I can't stop dating these kinds of men" or "I could never do this."

And while the advice I give might be hard and uncomfortable to do, that doesn't make it any less necessary if someone wants to change their love life for the better.

Growth will always feel uncomfortable. You're drastically changing your life and putting yourself in situations you're not used to. If you could grow within your comfort zone, a lot more people would be happier.

But that's just not how life works.

Your value is inherent.

For many people, they have a value wound. They grow up thinking that their value needs to be proven in this world. That if they work hard enough, they'll finally show their [insert father/ex-boyfriend/ex-boss/person who "wronged" them].

That's why there are so many unhappy people in this world, no matter their wealth, fame, or success. They let their value wound drive them.

But people's worth is inherent, including yours. You can't add or subtract from it. It's why Beyonce is no better than the man taking out the trash at her concert. People — stripped away of everything that sets them apart from one another — are worthy.

Though hard to accept, these truths about life can be the key to setting you free from unnecessary pressures, false beliefs, and misplaced values. They can be the difference between the happiness you've always wanted and becoming unhappy like everyone else.

The choice is yours but, at the very least, know that once you read something, it's hard to unread it. Once you know the truth, it's hard to believe otherwise.

Signs That Shows You Are Smarter Than Most People

1. You don't get upset by different opinions. You don't get defensive about your own mistakes and find it easy to accept them.

2. You value others and listen to them without interrupting. You make an effort to understand before responding.
3. You don't feel the need to prove yourself to anyone. Even if you're doing great, you don't feel the need to announce about it.
4. You can easily ignore mean comments from others. It doesn't bother you anymore.
5. You find it easy to explain things in a way that others can understand.
6. You learn things quickly, sometimes even on your own.
7. You don't consider yourself to be super smart. It's actually a bit of a paradox. You feel like there's still so much more for you to learn.

Truth You Must Learn Now Or Never

1. You're going to die and you have no idea when.
2. Everyone you love is going to die, and you don't know when.
3. Your material wealth won't make you a better or happier person.
4. You can't make everyone happy, and if you try, you'll lose yourself.
5. Your actions speak louder than your words, so you need to hold yourself accountable.
6. Your achievements and successes won't matter on your deathbed.
7. Your talent means nothing without consistent effort and practice.

8. Now is the only time that matters, so stop wasting it by worrying on the past or planning the future.
9. Nobody cares how difficult your life is, and you are the author of your life's story.
10. Investing in yourself isn't selfish. It's the most worthwhile thing you can do.
11. You need to improve your relationships to have lasting happiness.
12. Time is your most valuable asset--you need to prioritize how you spend it.

Highly Valuable Life Lessons You've Learned

1. People who say they won't forget your favor ever are usually the first ones to forget your favor and you
2. Talking to an ignorant fool makes you one as well
3. Life does not get simpler but that doesn't mean it does not get better
4. Everything you do matters-it plays some part in your life
5. Don't be friends with people that live for the weekend. Period.
6. I heard someone say "if you need a business card then you are not successful. Work until you no longer need to introduce yourself"

7. You will be hurt and betrayed by people and you will hurt and betray people, even if you never intended to
8. It takes urgency to begin anything, and it takes patience to finish it
9. People are lazy
10. People that lie to themselves will lie to you definitely
11. My teacher always said the only real knowledge is learnt from experience and proven by practice
12. You have to be willing to trust in order to find trustworthy people

Deep Truth You Must Learn Now Or Never

1. One day you will die and the rest of the world will move on without you.
2. It's not your job to fix insecure people. It's your job to fix the part of you that resonated with your insecurities. Nobody is coming to save you, so start putting in the work.
3. Talk doesn't cook rice, so overthinking wouldn't miraculously create you any magic.
4. You won't be young forever, break bones when you still have teeth.
5. Stop expecting honesty from people who lie to themselves. It's a really expensive gift, cheap people can't afford it.

6. Sometimes your old life has to fall apart before your new life can fall together. So, don't hesitate to leave the past in the past.
7. The job, the party, the relationship knowing when to leave is so important. Don't stick with the toxic environment.
8. Fitting in will make you miserable. Be your own uncool, weird-ass self and whoever still wants to hang around with you then, keep them close and be weird together.
9. At any minute, there is someone who can come along and change your life. That person is you.
10. Life is not a fairy tale. That's why it's always exciting and you'll never be bored.

Lessons You Should Know In Your Young Age

1. **Avoid living in the past and holding grudges!**
2. **Don't Burn Bridges**: Maintain good relationships with people, both personally and professionally. You never know when you might need their help or support in the future.
3. **Never Stop Learning**
4. **Don't Ignore Feedback**: Welcome constructive criticism and feedback from others. It can help you grow and improve in various aspects of your life.
5. **Never Lose Sight of Your Purpose**: Have a clear sense of purpose and meaning in your life.

Wise individuals stay connected to their life's mission and values.

Psychological Facts About Human Beings

Here are some rediculous psychological facts about humans:

1. Closing your eyes help to remember things.
2. Pretending not to care is the habit of someone who cares you the most.
3. Babies start processing language just like adults after a couple of days being born.
4. In a few hours,you can be convinced that you have committed a crime that you have never done.
5. Human teeth are just as strong as shark teeth.
6. Our nose can sense trillions of different scents.
7. Our brains are constantly eating it selves.
8. Everyone of us has a unique tongue print.
9. Most fastest nail that grows is the middle finger's nail.
10. Our eyelashes have creatures living on them.
11. You are only 10 percent human.
12. Your tongue could get you arrested.
13. Beard are the fastest growing hairs of human body.
14. Humans are the only mammals that can delay sleep.
15. Stress and emotional turmoil maybe the cause of overspending.

Don't build any relationship with these people

1. People who make you feel tired and unhappy when you're around them.
2. People who always complain and consider that they are right. Everyone else are wrong.
3. People who always demotivate you or people who always laugh at your big dream.
4. People who bring lots of problems and negativity.
5. People who always think that everyone is inferior than them.
6. People who have mind full of negativity.
7. People who try to control or trick you.
8. People who often tell lies and can't be trusted.
9. People who gossip and talk about others behind their backs.
10. People who don't have any emotions. Your tears are just drama for them. Run!

Painful Experience Taught The Biggest Lesson

1. **Never lend or borrow money** - It might be small amounts from your closed ones or friends - You think that you took that on emergency and gonna never pay back to them but you will get one day ending up they showing the history of UPIs asking to repay whatever they have

given to you. Then you cannot assume the pain. No matter how many years you were close to them, if they show you the screenshots of transactions and expect you to payback, literally your heart will be broken and your relationship damages and you cannot again ask them money in your entire life to them and the pain is unimaginable.

2. **Never show too much love or affection to anybody** - Though they will share you back but ends up gradually when they meet new people and you will be hard to take the end.

3**. Never promise to anyone when you are happy -** that you will do this thing or that thing, because you can be in a situation where you cannot stand on your promise. So stop promising. I did this mistake.

4. Good times are good memories and bad times are good lessons. Both times help us in some way. **Accept the bad time**.

5**. Avoid relationships** if you are not confident to move forward. Pain has to be taken if it ends in the middle.

6. **Property and bank balance matters if you are a boy.**

7. Not everything you think is true. All day long our inner voices are chattering away. Learn to **recognize what is limiting and what is realistic.**

8. If you're currently in pain you should rejoice because it is building you to **become a better person tomorrow.**

9. Never share your secret to anyone. **Definitely one day that will be disclosed by the person whom you think they are trust worthy**.

10. **Don't help or give advice** to people until unless they ask or reach to you.

11. **Only by taking responsibility** for your actions, you can become successful.

Latest Unknown Facts About Our Universe

1. Do not know what is Inside of black hole.
2. Gravity is a force or a wave?
3. Astronauts say that, space smells like hot metal, welding fumes and seared steak.
4. There is a massive cloud of alcohol more than 463,000,000,000 kms across, with which we can have 400 trillion trillion pints of beer. This massive cloud of alcohol is 10,000 light years away from us.
5. 150 billion light years is the diameter of Universe, approximately.
6. Astronauts say that Moon dust smells like gunpowder and it is extremely soft.
7. Do you know that the stars you see in the sky may be dead, As they are billions of light years away from us and it will take billions of years for the light to reach earth,which means that the stars light which you see now is billion year old lighting. So they may be dead now.
8. Our solar system's biggest mountain is on Mars.

It Is Important To Keep Your Private Life

Yes, it's very important to keep privacy in life and there are many reasons. Below are few of them:

1. The less you share, the less likely people will be in your personal life. You will stop caring about people's opinion on you.
2. If everyone is your friend, you will have a problem. You can't trust anyone with personal information.
3. You'll attract peace into your life. You'll experience less drama, toxic energy and more time and more easier to achieve your personal growth.
4. Privacy teaches you independence and how to connect with people on a deeper level.
5. Everyone leaves. You'll learn how to be alone and not feel lonely.
6. Most importantly never talk about your income, family issues and your next step/move.

What golden advice did you learn in your life?

1. The hottest place in hell is reserved for those who deliberately arouse someone's love without the intention of loving them back.

2. Pretty people aren't always beautiful, and beautiful people aren't always pretty. I hope you know the difference.
3. You're not really rich until you have something that money can't buy.
4. The more you can talk about uncomfortable things with someone, the more comfortable you're with them
5. The less you react, the more stable you become. Yes, chemistry works in real life situations too :)
6. Don't judge the choices someone made if you don't know the *options* they had to choose from.
7. Be sweet like sugar but **don't** let people use and dissolve you as per their requirement.
8. No one ever became big in life by showing how small someone else is.
9. If there is no one to hold your hand, put your hand in your pocket and continue.
10. Everyone loves you until you become competition.
11. One must not lose faith in Allah**.** his blessings are like an ocean, if few drops of ocean is dirty, ocean doesn't become dirty.
12. We can complain rose bushes have thorns or we can rejoice that thorn bushes have rose. *So it always our choice to be positive or negative.*
13. Not everyone you lose, is a loss.
14. I read this one somewhere- *The best way to be safe is to be dangerous.*

Improve Personal Growth In Life

That's a thought! I believe you're here, because you seem to be more serious than one would think, more serious than your age, than your environment, requiring more of life than what is expedient. Or, you simply want to stop the personalized process of self-loathing. Either way, I understand.

Here's a list to start you off:

1. **Pursue meaning:** Go after what you find meaningful (exactly when the majority of the people whom you know are against it for no rational reason, but merely out of opinion).
2. **Listen to your body and respect it:** According to research literature, 3 hours of exercise per week is all you need to start respecting your body (assuming you're starting from zero hours of exercise per week), evidence suggests that exercise lowers your mortality rate associated to all causes by 50%, far more than what quality sleep or diet would do.
3. **Read:** what you read can change who you are fundamentally, you need the change, otherwise you wouldn't be here. I find a direct correlation between reading and respect. Try it out and you'll know what I'm talking about.
4. **Wake up at a fixed time every morning:** No more to say in this regard, I understand you have the 'spirit' to be disciplined, so try here.
5. **Assign 3 things to do for the day, so when you do them you would consider your day to**

be successful: and do no more than those 3 things. Then reward yourself with something small but enjoyable, an ice cream, or a cup of coffee that y**ou like.**

6. **Recognize the importance of what's socially fundamental rather than denying it:** More often than not, we seem to rebel against a lot of things at once. It doesn't usually work, especially when we rebel against things that are of core values, such as family structure, respected social behavior, religious teachings and the philosophy by which we 'live' daily.
7. **Nourish your relationship with money:** we need money, which makes it irreversibly valuable. Money was 'invented' so-to-speak in the first place for the purpose of assigning 'value' to things, materialistic or not. Comprehend why you need it, realize that the 'need' isn't deadly, but essential, then utilize what you're knowledgeable about to get money. (If you think you aren't knowledgeable about anything at all, well, check number 3)
8. **Say what goes inside yourself, learn to speak it, until it becomes your truth:** as far as I know (which is relatively little), people cannot assume that you want something unless you declare it.

Lessons Learned In The Corporate World

- **LESSON 1 :** Always work at 50–75 % of your total potential because you aren't getting paid for 100% either.
- **LESSON 2:** Always treat all the office boys and security guards with your utmost respect.
- **LESSON 3:** If you can give your 75% to a project make sure to give another 5% to make sure people know about your contribution especially your seniors.
- **LESSON 4:** Never ever disclose your future plans of switching the firm with any employee of that firm no matter how good 'Friends' you both are.
- **LESSON 5:** Avoid dating someone from your office **especially your boss or hr** as **99%** of times nothing will happen but that **1%** can screw your career if you're planning for dating, Don't flirt with anybody. Approach sincerely.
- **LESSON 6:** It's better being fake friends with everybody instead of being real enemies. ;)
- **LESSON 7:** Have every word/promise written in mail . Anybody can turn their back at you.
- **LESSON 8:** Never discuss your family matters.
- **LESSON 9:** No reason on Earth is worth a fight/clash with your boss while you are working under him/her. **Trust me on that!**
- **LESSON 10:** Never try to prove your client wrong or find faults in their processes. They are paying for your services so always be

diplomatic. I know it can get difficult sometimes but thats your easy way out.

- **LESSON 11:** Never stay in a firm for too long as you will start getting undervalued. Plan your career & negotiate your salary and perks wisely.
- **LESSON 12:** Nothing pays more in your career than having excellent interpersonal skills & having hold of a couple of relevant technical skills. Never stop learning and keep updating your technical skills. :)

ALL THE BEST FOR YOUR FUTURE!!

Few Truths about love

1. Being in love is quite similar to being on drugs, similar to becoming addicted to drugs, and similar to having withdrawal symptoms should one suddenly come off it.
2. Falling in love is real. So is falling out of love, but this term is not yet coined. The nearest term is 'break up' which is not the same as falling out of love.
3. Many people mistake emotional attention, sexual attraction, physical magnetism, and infatuation as love. Real love goes far deeper than these and can exist without any of these. Yeah!
4. Love is the second most sought after thing in the world after money and assumes synonymity with happiness, i.e. there cannot be any happiness without love.
5. Love is the most beautiful and the happiest feeling in life. When sour, it can become the

ugliest, nastiest or one of the most tragic experience too.

6. Falling out of love is not easy to handle. However, living without your loved one can be actually physically painful in the same way as, say, in getting bruised and broken. People suffering from this love-pain find it so hard to handle they decide never being in love is better than having it and lost it.
7. Because of this, most crimes are committed because of 'love angle.' Most inspiration and true stories of courage and achievement, or hatred and revenge also have a 'love angle' hidden in them.
8. Depending on how we look at it and use it, love can act like a medicine, drug, weapon, manipulation tool, inspiration, guide, compass, motivation, miracle, treasure, currency, wound, God, angel, Satan, prize or Nirvana.
9. If you haven't loved you haven't experienced one of the most beautiful emotions and one of the most beautiful times in your life. But nobody can guarantee what happens after that.
10. Love doesn't start or stop or stay at sex. If love is true it will transcend boundaries like laser.

Some Awesome Psychological Facts

1.smiling is 69% more attractive than wearing makeup …

2. Keeping your goals personal helps you to achieve them …

3. 81 % of people use music as an escape from all the negative things in their life.

4. Your behavior is based on observations of past and experiences…

5. People who love Black color have most colorful minds ..

6. 95 % of people feel uncomfortable when they watch TV on odd volume …

7. Being alone and enjoying your own company is better for your health than being surrounded ..

8. Brilliant people under-estimate themselves whereas ignorant people think they are brilliant ..

What is most important when you are 21 years old?

1.Walk to work, or just go on a walk for at least twenty minutes each day.

2.Use your feet instead of an elevator or escalator. This is good for your posture, your muscles, and your respiratory system, among other things.

3.Participate in social or leisure activities so that you don't spend too much time in front of the television.

4.Replace your junk food with fruit and you'll have less of an urge to snack, and more nutrients in your system.

5.Get the right amount of sleep. Seven to nine hours is good, but any more than that makes us lethargic.

6. Play with children or pets, or join a sports team. This not only strengthens the body but also stimulates the mind and boosts self-esteem.

7. Be conscious of your daily routine in order to detect harmful habits and replace them with more positive ones.

Hardest Lessons To Learn About Love

1. Life is too short to think someone is "out of your league."

2. You are not required to set yourself on fire to keep other people warm.

3. The more you care, the more you lose.

4. Your relationship with yourself sets the tone for every other relationship you have.

5. Growing sometimes means leaving people behind.

6. When you have a good heart, you don't lose people, people lose you.

7. The best apology is changed behavior.

8. It's okay to disappear until you feel like you again.

9. When a version of you ends, so will the connections attached to it.

Things That Tell About A Person's Psychology And Personality

1. **Who they talk about in a conversation** — low self-worth if they deflect questions about themselves. Narcissistic if they can't stop talking about themselves.
2. **Behavior towards better people** — if they talk with the contempt towards someone better than them, they feel threatened and jealous.
3. **Response to insults** — people pleaser if they accept every insult, insecure if they get super-defensive, confident if they joke around it.
4. **Ability to express emotions** — people who can't talk about their feelings have an unhealed traumatic history.
5. **Showing anxiety physically** — people who do repetitive behaviors like biting-nails, tapping foot tend to be perfectionists.
6. **Ability to take a joke** — the easier it is to offend them the bigger the ego and lower the self-esteem they have.
7. **When pointing out their mistakes** — big ego if they get offensive, victim mentality if they blame it on others, humble if they can accept.
8. **The speed of eating** — fast eaters are ambitious, go-getters and impatient. Slow eaters are one for patience and savoring life's pleasure.

Biggest Career Mistakes To Avoid

- Your colleagues are not your friends. While it is good to have a cordial relationship with everyone at work, you should know your boundaries. For example, if you speak against someone to a colleague, do not be surprised if the gossip works against you in future.
- Your boss is not your enemy. Like you, the boss has to do her/his work, which includes managing you. Your boss sees work from a different perspective, which you'll be able to judge better if you are in her/his position.
- Your subordinate is not a fool. Your subordinate may not deliver the way you want but surely, she or he is good at something. It is your job to see that you get the best out of her/him.
- Your office is not your house. Work hard and return to your house to relax.
- Your house is not your office. Do not bring work to your house.
- Do not expect rewards to work hard. It is the other way around.

Manipulative Psychological Tricks

- If you think someone is lying look them in their eyes and don't say anything.
- If u tell someone to stare into your eyes, it's now harder for them to remember anything without looking away.

- If you want someone to tell the truth, make them laugh before questioning.
- If you want someone to get nervous, look at their forehead.
- Whisper something to someone and 9/10 times they'll whisper back.
- When you are in a group and notice that someone is making fun of you, look in their face and smile a little, they will feel scared.

Things You Shouldn't Do In Life

1. Never fight when you're weak. Leave them when you're strong. The first thing shows how big your brain is and the second one shows your big heart.
2. Don't take things personally. Even if you know its personal, don't take it personally. Then you win.
3. Never listen to the fucking sad songs. They drain your energy and make you weak emotionally. Don't find reasons to be unhappy. It doesn't pay to be sad. It pays to be joyous
4. Never rebond with your ex. If she goes, let her go, book tickets for her. Don't waste your time by stalking your ex on fb or checking people's 'last seen' on WhatsApp. If they want to talk to you, they will. If they don't, they won't, even in a hundred years.
5. Never cry in front of someone who doesn't care about you. At that time, they'll sympathize with

you but subconsciously will put you in the category of losers.

6. Don't miss out on important engagements - Birthdays, weddings, your child's first performance, your dad's retirement party, reunions - its these events that make the fondest memories.
7. Never hurt yourself. Believe me, the world is going to hurt you and that's enough of hurt.
8. Don't be rude to your parents. Or siblings. When everyone else will run for cover, its your family that will stand with you as you drench in your storm.
9. Kick out that friend from your life who breaks the "Bro Code".
10. Never trust a crying woman and a smiling man.
11. Never mess with small garbage people. Your enemies are a direct reflection of who you are.
12. Never beg twice.
13. Never repeat the same mistake twice.
14. Never disrespect or return someone who knocks on your door as a guest. Even if that person is your enemy.

I have this simple rule in my life that no matter who that person is. If someone comes to me as a guest, I'll welcome him like a host.

Some Mind Blowing Life Hacks

1. Pet the dogs of your street . They will love you for life for that.

2. Have only 2 meals a day. A heavy breakfast and a light dinner.
3. Skip your night meal if possible. If not, Have some fruits and milk instead.
4. Just bow down for 2,3 seconds each day at anything or one that you place the highest value in YOUR life.
5. Have dinner before or immediately after sunset.
6. Sleep on the Floor
7. Use no pillows.
8. Next time do not lie. Or minimalize it. At least after every lie/betrayal, tell yourself in the head (or aloud, in private) that you just lied/cheated.
9. Drink water first thing in the morning.
10. Pay attention to your breath just for 2 minutes every day, (maintaining this whole day will enlighten you)
11. Use only wired headphones. No wireless.
12. Wear only natural fibers.

Signs Of Maturity In A Male

1. Maturity is seeing someone's lack of effort as their lack of interest in you no matter what they say.
2. Resist the urge to regret. Regrets are like old textbooks; you've already learned the lessons. You Don't let past experiences cast a shadow on your future and make that a guiding light instead.

3. When you act rather than reacts. Your urges are your biggest enemy, learn not to argue for nothing.
4. On difficult days, being extra gentle with ourselves is maturity at its peak. You Learn what to imbibe and what to ignore
5. Self-acceptance shouldn't stand in the way of self-improvement. Recognizing that you're good enough today doesn't prevent you from getting better tomorrow.
6. Men need to understand that there's nothing special in the body of random women you meet on the street / Internet. You Learn that looks are transient.
7. You don't get fit eating everything. You don't get wealthy spending everything.
8. Setting boundaries is not a display of disrespect, It's an act of self-respect.
9. We've to be grateful for things. It's too easy to be ungrateful. It's too easy to not appreciate the simple things in life.
10. When you stick to your values and convictions and does not compromise on them just to fit in. You Learn that you are a sum total of your core values, demeanor, confidence, beliefs and not the sum total of your pay package, You are mature.

Things that a Man Will Do Only If He Really Loves

1. He finds you beautiful all the time(Sick, angry, Happy, sad)

2. He makes you feel like the most important, special and valued person of his life.

3. He dreams of a future with you and makes plans with you in it.

4. He will LISTEN to you intently.

5. He will be proud of you.

6. He needs you when he is very happy or sad.

7. He tells you about his weaknesses and insecurities.

8. He doesn't make you hold, wait, beg or say sorry. He doesn't stay angry with you for long.

9. He respects your likes, dislikes and wishes.

10. Lastly, being with him, makes you happy and feel like you are truly special and he makes sure nobody hurts you. It is like a sweet dream come true.

One last thing : He loves you and makes time for you no matter what. He fights for you.

Things That Look Easy But Are Difficult

1. Letting go of someone you love.

2. Fighting alone.

3. Being a Parent.

4. Admitting to others you've lost your job.

5. Remaining calm when being lied to your face.

6. Being single. Here you can meet some quality singles.

7. Agreeing to a surgery that you know will change your life.

8. Questioning authority.

9. Being honest.

10. Giving up comfort.

11. Trusting someone again.

12. Burying your dream.

13. Smiling when your heart is breaking.

14. Speaking up after being put down.

15. Starting over later in life.

16. Knowing what to say to someone grieving.

Common Life Mistakes Young People Make

1. Keeping toxic people in your life because you feel obligated.

2. Confusing being able to make minimum payment with being able to afford something.

3. Making sex a priority in a married relationship.

4. Putting too much time on social media.

5. Taking the first relationship to seriously. The "you and me forever" stuff.

6. Wondering "do they like me?" too much rather than "do I like them?"

7. Trying to be cool and popular in school instead of focusing on learning.

8. Assuming your situation is so unique that no one could understand.

9. Giving up hobbies without realizing it.

10. Thinking too much about mistakes. We all screw up. It's part of life.

11. Feeling like you have your whole life ahead of you.

12. Believing that there's some big life defining moment that's just over the horizon.

10 Attractive psychological facts

1. Smiling increases happiness. It releases mood-boosting chemicals and signals kindness.
2. Paying attention builds harmony. Practicing active listening shows you value others.
3. Acts of kindness release dopamine. Helping others gives a natural mood lift.
4. Positive thinking changes brain wiring. Optimism leads to more motivation over time.
5. Laughing strengthens relationships. Shared laughter bonds people deeply to create priceless memories.
6. Living purposefully. Aligning values with actions generates fulfillment.
7. Good posture. Standing up straight with shoulders back projects assurance and energy.
8. Steady gait. Walking smoothly and evenly signals competence and control.
9. Smiling eyes. A smile that reaches your eyes influences warmth and openness.
10. Open gestures. Arms uncrossed and hands visible convey receptiveness. Approachable.

Just small adjustments to how you carry yourself to elevate your own mindset, you unconsciously create a radiant aura to lift those around you.

Most Important Thing In A Marriage

Here is a simple secret formula that I've been keeping to myself for years, and it works really well.

Besides love, it's all about maintaining a balance across these 3 aspects:

1. Sexual Value: Your looks, physique, dressing style, and intimacy.

2. Economic Value: Your education, job, income, growth prospects, living situation (house, car), and family background.

3. Emotional Value: Your temperament, tenderness, kindness, consideration, willingness to contribute, thoughtfulness, conflict resolution, effective communication, shared interests, and alignment in values.

For a lasting relationship, at least 2 of these aspects should meet each other's needs.

If all 3 align, with only minor issues, that's a match made in heaven.

If any 2 are good and 1 is not, well, that's the reality for many couples. They'll manage to move forward.

However, if 2 of these aspects don't align, it might be a bit challenging. This could lead to frequent arguments and, eventually, a breakup.

Applicable to both men and women.

Things People Figure Out Too Late In Life

- What you think other people think about you isn't true. They most likely don't even know you exist, and if they do they are too focused on their own shit to notice.
- It's ok to judge people, especially if they continue to give you reasons to judge.
- Health would have been a lot easier before you realized it's importance.
- Human connection doesn't have to include abuse.
- Someone out there is living your exact struggles. If you pay attention they may stumble in your path.
- Silence can surface the demons that need to be addressed.
- No one does anything to you that you don't allow.
- You can be the biggest victim, or warrior. Choose wisely.
- Mistakes are part of life, do your best not to repeat the same one 3 times.

Wisdom vs. Intelligence

Quick summary

The words *wisdom* and *intelligence* are both often used to refer to a high amount of knowledge and mental quickness. *Intelligence* commonly refers to a capacity for

academic learning and logical thinking, while *wisdom* commonly refers to life experience and insight into human nature.

Description

We use the words *wisdom* and *intelligence* to describe smart people. But do these clever words mean the same thing, or do they have different meanings?

In this article, we will define *wisdom* and *intelligence*, explain how we use them differently, and provide examples of how we typically use these words in sentences.

wisdom vs. intelligence

The nouns *intelligence* and *wisdom* are both often used to describe someone who knows a lot of things and has high mental quickness. Their adjective forms *intelligent* and *wise* are also both often used to describe knowledgeable people. However, these words are usually differentiated from each other based on the specific kind of knowledge a person has.

Intelligence is "a capacity for learning, reasoning, and understanding." In simpler terms, *intelligence* often refers to the ability to gain knowledge through academia and study. A scientist who reads a lot of books could be said to have high intelligence, for example.

Wisdom is "knowledge of what is true or right coupled with just judgment as to action." In other words, *wisdom* often refers to knowledge gained through life experience or socializing with other people. As an example, a veteran soldier who has learned a lot

through actual combat could be described as being full of wisdom.

Intelligence and *wisdom* are also used to refer to different types of information. Intelligence is often information like military or political secrets. Wisdom, on the other hand, is often sagely advice, teachings, and enlightening sayings. Spiritual or metaphysical knowledge is also more likely to be described as wisdom.

Examples of using wisdom vs. using intelligence

Intelligence is often gained through academia and other methods of studying. Activities such as doing algebra, designing a bridge, or solving crossword puzzles test a person's intelligence because they require logical thinking or knowledge a person would typically get from academic study.

Wisdom is often acquired through life experiences, socialization, or moral dilemmas. Difficult tasks such as raising children or calmly resolving relationship problems often require wisdom to do successfully. Situations like these often demand knowledge and experience a person acquires through their own life challenges or sage advice from someone who has experienced similar problems.

Examples of wisdom and intelligence in a sentence

Let's test our knowledge by looking at how we use *wisdom* and *intelligence* in sentences.

- The monk wrote many books and was noted by his peers as having incredible intelligence.
- The oracle was famous for her legendary wisdom, and many pilgrims sought out her advice.
- Thanks to the intelligence gathered by the spies, the general knew the enemy was planning an ambush.
- The apprentices meticulously wrote down the old master's words of wisdom.
- The king relied on his scholars for their intelligence and his mother for her wisdom and court experience.

Simple, General Examples Of Wisdom And Intelligence:

Intelligence:

1. Solving Puzzles:

- An intelligent person may excel at solving puzzles, demonstrating logical reasoning and pattern recognition.

2. Learning a New Language Quickly:

- Someone with high intelligence might pick up a new language more rapidly due to strong cognitive abilities and memory.

3. Academic Achievements:

- Excelling in academic subjects, scoring well on standardized tests, and achieving high grades are indicative of intelligence.

4. Programming and Coding:

- Writing efficient code and solving complex programming problems can be a demonstration of high intelligence.

5. Quick Problem-Solving:

- Being able to think on your feet and find solutions to unexpected challenges showcases intelligence.

Wisdom:

1. Offering Empathetic Support:

- A wise person may provide compassionate and understanding support to a friend going through a difficult time, demonstrating emotional intelligence and empathy.

2. Making Ethical Decisions:

- Choosing a course of action that not only benefits oneself but also considers the ethical implications and well-being of others reflects wisdom.

3. Learning from Mistakes:

- A wise individual reflects on past mistakes, learns from them, and adjusts their behavior accordingly, showing self-awareness and growth.

4. Balancing Priorities:

- Managing time effectively, balancing work and personal life, and prioritizing long-term goals over immediate gratification are signs of wisdom.

5. Resolving Conflicts Peacefully:

- A wise person might resolve conflicts by considering the perspectives of all parties involved and finding a peaceful resolution rather than escalating the situation.

6. Taking a Long-Term View:

- Choosing actions that have positive consequences in the long run, even if they require short-term sacrifices, reflects a wise approach to decision-making.

7. Counseling Others:

- Offering thoughtful advice based on personal experience and a deep understanding of human nature demonstrates wisdom.

Remember, these examples are simplified, and in reality, both intelligence and wisdom often work together in various situations. Individuals can possess a combination of these traits to varying degrees.

Intelligence and wisdom are distinct concepts, each encompassing unique characteristics and attributes. While they are related, they represent different aspects of human cognition and decision-making. Here's a detailed difference between intelligence and wisdom:

Intelligence:

1. Definition:

- Intelligence refers to the ability to acquire, understand, and apply knowledge and skills. It involves cognitive processes such as learning, reasoning, problem-solving, and adaptation to new situations.

2. Nature:

- Intelligence is often seen as a measurable and quantifiable trait. It can be assessed through various cognitive tests, IQ tests, and academic achievements.

3. Learning and Adaptation:

- Intelligence is closely associated with learning and adapting to new information and situations. Intelligent individuals tend to excel in tasks that require quick thinking and logical reasoning.

4. Decision-Making:

- Intelligent decision-making involves analyzing information, considering multiple factors, and choosing the most appropriate course of action based on available data.

5. Development:

- Intelligence tends to develop over time, influenced by education, experiences, and exposure to various stimuli. It can be enhanced through learning and practice.

6. Focus:

- Intelligence is often task-specific and domain-dependent. An individual may excel in certain intellectual areas while having average or below-average intelligence in others.

Wisdom:

1. Definition:

- Wisdom is a deeper, more holistic understanding of life that goes beyond knowledge and intelligence. It involves insight, compassion, and the ability to apply knowledge in a way that contributes to human well-being and a sense of purpose.

2. Nature:

- Wisdom is often considered a more complex and subjective concept. It is not easily quantifiable and involves a deeper understanding of human nature, emotions, and the interconnectedness of life.

3. Experience and Reflection:

- Wisdom is often associated with a rich accumulation of life experiences and the ability to reflect on those experiences. It involves learning from mistakes and understanding the broader context of situations.

4. Emotional Regulation:

- Wisdom is characterized by emotional regulation and the ability to consider the emotional well-being of oneself and others. It involves empathy, compassion, and a balanced perspective on emotions.

5. Decision-Making:

- Wise decision-making goes beyond logical reasoning and considers the long-term consequences, ethical implications, and the impact on the well-being of individuals and society.

6. Development:

- Wisdom tends to develop over a longer period, often with age and a diverse range of experiences. It is not solely dependent on formal education but involves personal growth and self-awareness.

7. Transcendence:

- Wisdom often transcends specific domains or tasks. It is a more generalized and integrative capacity that can be applied to various aspects of life.

In summary, while intelligence focuses on cognitive abilities and problem-solving, wisdom encompasses a broader, more holistic understanding of life, involving emotional regulation, empathy, and the application of knowledge for the greater good. Intelligence is measurable and domain-specific, while wisdom is subjective, reflective, and often associated with a deeper understanding of the human experience.

Components of Wisdom and Intelligence

Both wisdom and intelligence comprise multiple components that contribute to their overall definitions and manifestations. Let's break down the key components of each:

Components of Intelligence:

1. Cognitive Abilities:

- ***Memory:*** The ability to store, retain, and recall information.

- ***Reasoning:*** Logical thinking and problem-solving skills.

- ***Learning:*** The capacity to acquire new information and skills.

2. Creativity:

- The ability to generate novel and innovative ideas, solutions, or products.

3. Adaptability:

- Flexibility in adjusting to new situations and changing environments.

4. Processing Speed:

- The speed at which the brain processes information and responds to stimuli.

5. Critical Thinking:

- Analyzing and evaluating information to make informed decisions.

6. Communication Skills:

- Effectively expressing thoughts and ideas, both verbally and in writing.

7. Numerical and Mathematical Aptitude:

- Proficiency in working with numbers and solving mathematical problems.

8. Spatial Intelligence:

- The ability to perceive and understand spatial relationships and visual information.

Components of Wisdom:

1. Emotional Regulation:

- The ability to manage and regulate one's emotions in various situations.

2. Empathy:

- Understanding and sharing the feelings of others, showing compassion.

3. Compassion:

- Deep concern for the well-being of others and a willingness to help.

4. Reflective Judgment:

- The capacity to think critically and reflect on one's experiences and choices.

5. Open-Mindedness:

- Being receptive to new ideas, perspectives, and information.

6. Perspective-Taking:

- Seeing situations from multiple viewpoints, considering the broader context.

7. Value-Based Decision-Making:

- Making decisions aligned with personal and societal values.

8. Life Experience:

- Accumulation of diverse and meaningful life experiences that contribute to wisdom.

9. Self-Knowledge:

- Understanding one's own strengths, weaknesses, values, and motivations.

10. Spirituality/Transcendence:

- A sense of connection to something greater than oneself, contributing to a broader perspective on life.

It's important to note that both intelligence and wisdom are complex and multidimensional constructs. The components listed above interact and overlap, and an individual's level of intelligence or wisdom is influenced by the interplay of these various factors. While intelligence is often more measurable and task-specific, wisdom involves a deeper understanding of life and the ability to navigate its complexities with empathy, emotional intelligence, and a broader perspective.

It is necessary to know oneself - do not wait all the time for instructions.

When a tailor master takes your measurements for a coat, he assesses the structure of your body. The purpose of taking measurements is to ensure that the coat fits perfectly on your body, with no wrinkles or folds. However, just measuring the body parts is not enough for a tailor master to create a successful coat. To create a well-fitted coat, a tailor master needs to know many other things 'as if he knows them himself.' This is because the contours of the body are so intricate that each part needs to be measured accurately. A tailor master who measures the body parts, even if he has complete knowledge of just measuring, cannot be successful in creating a standardized coat.

The same principle applies to other aspects of life. Whether it's running a household, leading a religious mission, or governing a nation, success can be achieved only when there are individuals 'who can understand without being told, who can provide reassuring answers at every opportunity without boasting.'

People who only know what is listed and consider their work finished when the list is completed cannot accomplish significant tasks. Similarly, a Muslim who searches for solutions to every problem in the Quran and Hadith, but seemingly cannot find them, is the one who, in between the lines, finds what is obtained through careful consideration and thought. In such cases,

solutions are present in the obvious text of Explanations, such as for common headaches, common fever, and common illnesses, the doctor is contacted if there is money; otherwise, anyone literate but possessing intellect and knowledge solves these small problems on their own.

Similarly, when a mission is launched, repetitive statements often emerge, which were not anticipated or were not warned about in advance by the people involved in the mission. In such a situation, it is necessary for people to know without being told. If their understanding is not that advanced, they should trust those responsible and accept it, and, based on their guidance, mold themselves according to the mission. Otherwise, individuals in the mission who, instead of finding solutions to undisclosed issues, repeatedly complain and sit idle will eventually leave after a rift and will later become distant. For every problem, if you wait for clear divine guidance, neither the name of Ali, Hasan, Fatima, nor Mahdi is mentioned in the Quran. Nor will the Wilayat-e-Faqih (Guardianship of the Jurist) be found in explicit words in traditions. But when contemplating the laws of nature and societal laws of nature, sometimes the Imam appears as light in the form of the sun, sometimes in the form of a flower seller as a leader, sometimes in the form of an atom, Imam and supporters appear as protons and electrons in atomic devices. These are all signs that in this world, every day has an Imam, and when his supporters leave, neither does the Imam

remain, nor does the world. All these things are mentioned in the heavenly instructions, not by mistake or negligence but to test the mental acumen and wisdom of humans. This is the test on which, with correct answers, Paradise and the Pool of Kawthar through the intercession of the Prophet Muhammad (peace be upon him) will be attained.

This test is for humans to seek guidance and wisdom through contemplation, reason, and intellect, and to make an effort themselves, not just for obtaining results. In this universe, humans have been created for a profound purpose, which Allah revealed in the heavenly scripture during the creation of Adam. This purpose, the opposition of creation, is also an incident where Satan's refusal to accept leadership becomes a means of guidance and direction for us. To achieve success in bringing a mission to fruition, deep awareness and a large heart are required. Those who lack this ability will only find a place in the dusty archives of history, whether they continue to write themselves down as history-makers or not.

-With a little change (by Maulana Wahiduddin Khan)

Motivational Quranic verses

- If you (Muslims) are suffering (hardships) then surely, they (Non Muslims) (too) are suffering (hardships) as you are suffering, but you have a hope from Allah (for the reward, i.e. Paradise) that for which they hope not, and Allah is Ever All-Knowing, All-Wise. (Quran 4:104)

- It is not for a believing man or a believing woman, when Allah and His Messenger have decided a matter, that they should [thereafter] have any choice about their affair. And whoever disobeys Allah and His Messenger has certainly strayed into clear error. (Quran 33:36)

- Certainly no one despairs of Allah's Mercy, except the people who are Kafiroon (disbelievers)." (Quran 12:87)

- And who despairs of the mercy of his Lord except for those astray? (Quran 15:56)

- If you are grateful, I (Allah) will surely increase you [in favor]; but if you deny, indeed, My punishment is severe. (Quran 14:7)

- Shaitan (Satan) threatens you with poverty and orders you to commit Fahsha (evil deeds, illegal sexual intercourse, sins etc.); whereas Allah promises you Forgiveness from Himself and Bounty, and Allah is All-Sufficient for His creatures' needs, All-Knower. (Quran 2:268)

- And He will provide him from (sources) he never could imagine. And whosoever puts his trust in Allah, then He

will suffice him. Verily, Allah will accomplish his purpose. Indeed Allah has set a measure for all things.(Quran 65:3)

- And of the people are some who say, "We believe in Allah," but when one [of them] is harmed for [the cause of] Allah, they consider the trial of the people as [if it were] the punishment of Allah. But if victory comes from your Lord, they say, "Indeed, We were with you." Is not Allah most knowing of what is within the breasts of all creatures? (Quran 29:10)

- My mercy embraces all Things (Quran 7:156)

- Whoever should hope for the meeting with Allah- indeed, the term decreed by Allah is coming. And He is the Hearing, the Knowing. (Quran 29:5)

- Believers will see Allah: “Looking at their Lord” (Quran 75:23)

- So whoever hopes to meet his Lord, he should do good deeds
  (Quran 18:110)

- kind word with forgiveness is better than almsgiving (Quran 2:263)

- And seek help through patience and prayer, and indeed, it is difficult except for the humbly submissive [to Allah]. (Quran 2:45)

- O you who have believed, seek help through patience and prayer. Indeed, Allah is with the patient. (Quran 2:153)

- So verily with the hardship there is relief, verily with the hardship there is relief (Quran 94:5-6)

- O you who believe! Answer Allah (by obeying Him) and (His) Messenger when he (SAW) calls you to that which will give you life, and know that Allah comes in between a person and his heart (i.e. He prevents an evil person to decide anything). And verily to Him you shall (all) be gathered (Quran 8:24)

- You honor whom You will and You humble whom You will (3:26) (Watu I'zzu mantasha watu zillu mantasha)

- And whatever of misfortune befalls you, it is because of what your hands have earned. And He pardons much. (Quran 42:30)

- Or think you that you will enter Paradise without such (trials) as came to those who passed away before you? They were afflicted with severe poverty and ailments and were so shaken that even the Messenger and those who believed along with him said, "When (will come) the Help of Allah?" Yes! Certainly, the Help of Allah is near! (Quran 2:214)

- And We (Allah) will surely test you with something of fear and hunger and a loss of wealth and lives and fruits, but give good tidings to the patient. (Quran 2:155)

- And if Allah were to punish men for that which they earned, He would not leave a moving (living) creature on the surface of the earth, but He gives them respite to an appointed term, and when their term comes, then verily, Allah is Ever All Seer of His slaves. (Quran 35:45)

- And had your Lord willed, those on earth would have believed - all of them entirely. (Quran 10:99)

- Had Allah willed, He would have made you one nation [united in religion](5:48)

- Indeed, for those who do not believe in the Hereafter, We have made pleasing to them their deeds, so they wander blindly (Quran 27:4)

- Are you pleased with the life of this world rather than the Hereafter? But little is the enjoyment of the life of this world as compared with the Hereafter. (Quran 9:38)

- Nay! If you knew with a sure knowledge (the end result of piling up, you would not have been occupied yourselves in worldly things)" (Quran 102: 5)

- And when they hear Al-Laghw (dirty, false, evil vain talk), they withdraw from it and say: "To us our deeds, and to you your deeds. Peace be to you. We seek not the ignorant."(Quran 28:55)

- And whoever strives only strives for [the benefit of] himself. Indeed, Allah is free from need of the worlds. (Quran 29:6)

- Whosoever desires the life of the world and its glitter; to them We shall pay in full (the wages of) their deeds therein, and they therein will not be deprived (Quran 11:15)

- They are those for whom there is nothing in the Hereafter but Fire; and vain are the deeds they did therein. And of no effect is that which they used to do (Quran 11:16)

- Nay, you prefer the life of this world (Quran 87:16)

- Although the Hereafter is better and more lasting (Quran 87:17)

- Perhaps that for which you wish to hasten on (or impatient), may be close behind you (Quran 27:72)

- Not a leaf falls but that He knows it. And no grain is there within the darknesses of the earth and no moist or dry [thing] but that it is [written] in a clear record. (Quran 6:59)

- No disaster strikes except by permission of Allah. And whoever believes in Allah – He will guide his heart. And Allah is Knowing of all things. (Quran 64:11)

- Allah would not change a favor which He had bestowed upon a people until they change what is within

themselves. And indeed, Allah is Hearing and Knowing (Quran 8:53)

- Indeed, Allah will not change the condition of a people until they change what is in themselves (Quran 13:11)

- Allah sends astray [thereby] whom He wills and guides whom He wills. And He is the Exalted in Might, the Wise (Quran 14:4)

- Whosoever does righteous good deeds, it is for (the benefit of) his ownself;and whosoever does evil, it is against his ownself. And your Lord is not at all unjust to (His) slaves."[Quran 41:46]

- While as for those who accept guidance, He increases their guidance and bestows on them their piety."[Muhammad 47:17]

- Allah does not burden a soul beyond that it can bear (Quran 2:286)

- Language and Colour signs of Allah (Quran 30:22)

- Charity for doing (mixing) good deeds and bad deeds together (Quran9:102-104)

- He is with you, where you may be; and Allah is seeing your deeds (Quran 57: 4)

- So whoever does an atom's weight of good will see it, And whoever does an atom's weight of evil will see it. (99:7-8)

- And never say of anything, "indeed, I will do that tomorrow." except [when adding]. "In Sha Allah (if Allah wills)" (Quran 18:23)

- And put thy trust in Allah. And enough is Allah as a Disposer of affairs. (Quran 33:3)

- And when I am ill, it is He (Allah) who cures me (Quran 26:80)

- Indeed, Prayer prohibits immorality and wrongdoing (Quran 29:45)

- Good and Evil Deeds are not equal, repel evil with what is better. Then you will see that one who was once your enemy has become you dearest friend (Quran 41:34)

- The life of this world is only the enjoyment of deception. (Quran:185)

- Is there any reward for good other than good? (Quran 55:60)

- Say, (O Muhammad, to mankind): If ye love Allah, follow me; Allah will love you and forgive you your sins. Allah is Forgiving, Merciful (Quran 3:31)

- And We have not sent you (O Muhammad SAW) except as a giver of glad tidings and a warner to all mankind, but most of men know not. (Quran 34:28)

- And incline not toward those who do wrong, lest the Fire should touch you, and you have no protectors other than Allah, nor you would then be helped. (Quran 11:113)

- O you who believe! be patient and excel in patience and remain steadfast, and be careful of (your duty to) Allah, that you may be successful. (Quran 3:200)

- Therefore, treat not the orphan with harshness (93:9)

- And they feed, for the love of Allah, the indigent, the orphan, and the captive (Quran 76:8)

- (As for) those who swallow the property of the orphans unjustly, surely they only swallow fire into their bellies and they shall enter burning fire. (Quran 4:10)

- And give to the orphans their property, and do not substitute worthless (things) for (their) good (ones), and do not devour their property (as an addition) to your own property; this is surely a great crime. (Quran 4:2)

- They ask thee, (O Muhammad), what they shall spend. Say: that which ye spend for good (must go) to parents and near kindred and orphans and the needy and the wayfarer. And whatsoever good ye do, lo! Allah is Aware of it. (Quran 2:215)

- Worship Allah and associate nothing with Him, and to parents do good, and to relatives, orphans, the needy, the near neighbor, the neighbor farther away, the companion at your side, the traveler, and those whom your right hands possess. Indeed, Allah does not like those who are self-deluding and boastful. (Quran 4:36)

- Allah sends astray whom He wills and He guides on the Straight Path whom He wills. (Quran 6:39)

- And if Allah had willed, He could have made you [of] one religion, but He causes to stray whom He wills and guides whom He wills. And you will surely be questioned about what you used to do. (Quran 16:93)

- Indeed, Allah does not order immorality (sin and shame). Do you say about Allah that which you do not know?" (Quran 7:28)

- And when the foolish address them (believers) (with bad words) they reply back with 'Salamaa' (peaceful words of gentleness)."(Qur'an, 25:63)

- Do not worship except Allah; and to parents do good and to relatives, orphans, and the needy. And speak to people good [words] and establish prayer and give zakah. (2:83)

- Surely, good deeds erase bad deeds (Quran 11:114)

- Our lord! Forgive me and my parents, and (all) the believers on the day when the reckoning will be established (Quran 14:41)

- "And with them will be chaste females, restraining their glances (desiring none except their husbands), with wide and beautiful eyes; (Delicate and pure) as if they were (hidden) eggs (well) preserved." (Quran 37:40-48)
- "And beside them will be chaste females (virgins) restraining their glances only for their husbands, (and) of equal ages." [Quran 8:52]

- "So (it will be), and We shall marry them to Houris (female fair ones) withwide, lovely eyes." [Quran 44:51-55]

- "They will recline (with ease) on thrones arranged in ranks. And We shall marry them to Houris (female, fair ones) with wide lovely eyes." [52:20]

- "Wherein both (gardens) will be those (maidens) restraining their glances upon their husbands, whom no man or jinn yatmithhunna (has opened their hymens with sexual intercourse) before them. Then which of the Blessings of your Lord will you both (jinns and men) deny? (In beauty) they are like rubies and coral." [Quran 55:56-58]

- "Therein (gardens) will be fair (wives) good and beautiful; …Houris (beautiful, fair females) restrained in pavilions; …Whom no man or jinn yatmithhunna (has opened their hymens with sexual intercourse) before them." [Quran 55:70,72,74]

- "And (there will be) Houris (fair females) with wide, lovely eyes (as wives for the pious), Like unto preserved pearls." [Quran 56:22-23]

- Verily, We have created them (maidens) of special creation. And made them virgins; Loving (their husbands only), equal in age. [Quran 56:37-40]

- Allah is the best of providers (Surah 62:11)

- So remember me I will remember you (Quran 2:152)

- And whoever is guided is only guided for [the benefit of] Himself (Quran 27:92)

- Sufficient for us is Allah, and he is the best disposer of Affairs (Quran (3:173)

- So let not this present life deceive you (Quran 35:5)

- But perhaps you hate a thing and it is good for you; and perhaps you love a thing and it is bad for you. And Allah Knows, while you know not. (Quran 2:216)

- And whom Allah sends astray, for him there will be no guide; and whoever Allah guides - for him there is no misleader. Is not Allah Exalted in Might and Owner of Retribution? (Quran 39:36-37)

- But those who wrong follow their [own] desires without knowledge. Then who can guide one whom Allah has

sent astray? And for them there are no helpers. (Quran 30:29)

- Have you seen him who takes his own lust (vain desires) as his ilah (god), and Allah knowing (him as such), left him astray, and sealed his hearing and his heart, and put a cover on his sight? Who then will guide him after Allah? Will you not then remember? (Quran 45:23)

- And they say: "There is nothing but our life of this world, we die and we live and nothing destroys us except Ad-Dahr (the time). And they have no knowledge of it, they only conjecture. (Quran 45:24)

- Then is one to whom the evil of his deed has been made attractive so he considers it good [like one rightly guided]? For indeed, Allah sends astray whom He wills and guides whom He wills. So do not let yourself perish over them in regret. Indeed, Allah is Knowing of what they do. (Quran 35:8)

- Would any of you wish to have a garden with date palms and vines, with rivers flowing underneath, and all kinds of fruits for him therein, while he is stricken with old age, and his children are weak (not able to look after themselves), then it is struck with a fiery whirlwind, so that it is burnt? Thus does Allaah make clear His Ayaat (proofs, evidences, verses) to you that you may give thought"[Quran 2:266]

- O you who believe! Obey Allaah, and obey the Messenger (Muhammad) and render not vain your deeds" (Quran 47:33)

- If ALLAH helps you none can over come you and if he forsakes you. Who is there that can help you? And ALLAH (Alone) let believers put their trust. (Quran 3:160)

- No Person Knows What he will Earn Tomorrow. – (Quran 31:34)

- Do what is beautiful. Allah loves those who do what is Beautiful (2:195)

- And hold firmly to the rope of Allah all together and do not become divide (3:103)

- No compulsion in religion : La ikraha fee addeen (2:256)

- Do not commit excess in ur religion: lataghloo fee deenikum (4:171)

- Whatever of good reaches you, is from Allah, but whatever of evil befalls you, is from yourself. And We have sent you (O Muhammad- S.A.W.S) as a Messenger to mankind, and Allah is Sufficient as a Witness. (Quran 4:79)

- Don't say Trinity: Wa la taqulu salasah (4:171)

- And whosoever does not judge by what Allah has revealed, such are the Kafirun (5:44)

- And whosoever does not judge by that which Allah has revealed, such are the Zalimun (5:45)

- whoever does not judge by what Allah has revealed - then it is those who are the defiantly disobedient. (5:47)

- Do not enter house without permission – (An Nur 24:27)

- The mutual rivalry for piling up (the good things of this world) diverts you (from the more serious things), - (Quran 102:1)

- Do not follow (blindly) any information - (Isra17:36)

- Let not the believers take the disbelievers as Auliya (supporters, helpers, etc.) instead of the believers, and whoever does that will never be helped by Allah in any way, except if you indeed fear a danger from them. And Allah warns you against Himself (His Punishment) and to Allah is the final return. (3:28)

- On the Day when every person will be confronted with all the good he has done, and all the evil he has done, he will wish that there were a great distance between him and his evil. And Allah warns you against Himself (His Punishment) and Allah is full of Kindness to the (His) slaves. (3:30)

- So be patient. Indeed, the promise of ALLAH is truth (Quran 30:60)

- And for those who fear Allah, he will make their path easy – (Quran 65: 4)

- Did he not realize that Allah is watching? – (Quran 96:14)

- And Allah is the best of providers – (Quran 62:11)

- And He is with you (by His Knowledge) wherever you are; And Allah is the All-Seer of what you do. (Quran 57:4)

- Indeed, My lord is the hearer of supplication – (Quran 14:30)

- This is the book about which there is no doubt, A guidance for those conscious of Allah (Quran 2:2)

- And Say: My lord, Increase me in knowledge – (Quran 20:114)

- Allah is with the believers (Quran 8:19)

- Indeed he dose not like the proud (Quran 16:23)

- And we have not sent you, [O Muhammad], except as a mercy to the worlds. (Quran 21:107)

- And we created you in pairs (Quranic 78:8)

- Has there not been over man a period of time, when he was nothing to be mentioned? (Quran 76:1)

- And Allah wants to lighten for you [your difficulties]; and mankind was created weak (Quran 4:28)

- My Success is only by Allah (Quran 11:88)

- And He found you lost and guided [you], (Quran 93:7)
- My lord, build for me near you a house in paradise. (Quran 66:11)

- Say (O Muhammad SAW to mankind): "Each one does according to Shaakilatihi (i.e. his way or his religion or his intentions, etc.), and your Lord knows best of him whose path (religion, etc.) is right." (Quran 17:84)

- No doubt, surely, all that is in the heavens and the earth belongs to Allah. No doubt, surely, Allah's Promise is true. But most of them know not. (Quran 10:55)

- So which of the favors of your lord would you deny? – (Quran 55:13)

- Indeed we belong to Allah, and indeed to him we will return (Quran 2:156)

- To Allah is your return, and He is over all things competent (Quran 11:4)

- So whoever does an atom's weight of good will see it (Quran 99: 7)

- O you who have believed, remember Allah with much remembrance (Quran 33:41)

- Certainly, my Lord is near (to all by His Knowledge), Responsive." (Quran 11:61)

- Then when you have taken a decision, put your trust in Allah certainly, Allah loves those who put their trust (in him) (Quran 3:159)

- Indeed, The first house of (of worship) established for mankind was that at makkah – blessed and guidance for the worlds. (The Holy Quran 3:96)

- And Ask for Forgiveness of your lord and repent to him. Indeed my lord is merciful and loving. (Quran 11:90)

- And say: "Truth (i.e. Islam) has come and Batil (falsehood, i.e. Satan or polytheism, etc.) has vanished. Surely! Batil is ever bound to vanish."(Quran 17:81)

- Wealth and children are [but] adornment of the worldly life. But the enduring good deeds are better to your Lord for reward and better for [one's] hope. (Quran 18:46)

- Indeed, Allah is with those who fear him and those who are doers of good. (Qur'an 16:128)

- And All Will Come to him on the day of Resurrection alone. (Quran 19:95)

- So when the Qur'an is recited, Then listen to it & pay attention that you may receive mercy (Quran: 7:204)

- Indeed, The death from which flee – indeed, it will meet you (Quran 62:8)

- If you are grateful, i will give you more. (Quran 14:7)

- And we will surely let them taste the lesser punishment short of the greater punishment that perhaps they will repent. (Quran 32:21)

- Every soul will taste death. And We test you with evil and with good as trial; and to Us you will be returned. (Quran 21:35)

- Indeed, the patient will be given their reward without account."(Quran 39:10)

- And not equal are the living and the dead. Indeed, Allah causes to hear whom He wills, but you cannot make hear those in the graves. (Quran 35:22)

- He (Yousuf A.s) said, "I only complain of my suffering and my grief to Allah, and I know from Allah that which you do not know (Quran 12:86)

- Is there disease in their hearts? Or have they doubted? Or do they fear that Allah will be unjust to them, or His Messenger? Rather, it is they who are the wrongdoers (Quran 24:50)

- And fear the Fitnah (affliction and trial, etc.) which affects not in particular (only) those of you who do wrong (but

it may afflict all the good and the bad people), and know that Allah is Severe in punishment (Quran 8:25)

- Evil (Corruption, Sins and disobedience of Allah, etc.) has appeared on land and sea because of what the hands of men have earned (by oppression and evil deeds, etc.), that Allah may make them taste a part of that which they have done, in order that they may return (by repenting to Allah, and begging His Pardon). (Quran 30:41)

- And who is more astray than he who invokes besides Allah those who will not respond to him until the Day of Resurrection, and they, of their invocation, are unaware (Quran 46:5)

- And (remember) Ayub (Job), when he cried to his Lord: "Verily, distress has seized me, and You are the Most Merciful of all those who show mercy." (Quran 21:83)

- So We answered his call, and We removed the distress that was on him, and We restored his family to him (that he had lost), and the like there of along with them, as a mercy from Ourselves and a Reminder for all who worship Us. (Quran 21:84)

- And if Allah touches you with hurt, there is none who can remove it but He; and if He intends any good for you, there is none who can repel His Favour which He causes it to reach whomsoever of His slaves He will. And He is the Oft-Forgiving, Most Merciful. (Quran 10:107)

- Surely, Allah is with those who are As-Sabirin (the patient ones, etc.). (Quran 8:46)

- La ilah illa anta subhanaka inni kuntu minaz zaulimeen There is no deity except You; exalted are You. Indeed, I have been of the wrongdoers." (Quran 21:87)

- Allah sends His Salat (Graces, Honours, Blessings, Mercy, etc.) on the Prophet (Muhammad SAW) and also His angels too (ask Allah to bless and forgive him). O you who believe! Send your Salat on (ask Allah to bless) him (Muhammad SAW), and (you should) greet (salute) him with the Islamic way of greeting (salutation i.e. AsSalamu 'Alaikum). (Quran 33:56)

- Leave those who take religion as amusement & Diversion and worldly life deluded (Al Anam6:70)

- O ye who believe! Intoxicants and gambling, (dedication of) stones, and (divination by) arrows, are an abomination,- of Satan's handwork: eschew such (abomination), that ye may prosper (5:90)

- Truly those who believe, and do deeds of righteousness, and perform As- Salat (Iqamat-as-Salat), and give Zakat, they will have their reward with their Lord. On them shall be no fear, nor shall they grieve (Quran 2:277)

- Allah will destroy Riba (usury) and will give increase for Sadaqat (deeds of charity, alms, etc.) And Allah likes not the disbelievers, sinners (Quran 2:276)

- And fear a Day when you will be returned to Allah. Then every soul will be compensated for what it earned, and they will not be treated unjustly (Quran 2:281)

- Permission to fight is given to those (i.e. believers against disbelievers), who are fighting them, (and) because they (believers) have been wronged, and surely, Allah is Able to give them (believers) victory (Quran 22:39)

- And He answers [the supplication of] those who have believed and done righteous deeds and increases [for] them from His bounty. But the disbelievers will have a severe punishment (Quran 42:26)

- And if Allah had extended [excessively] provision for His servants, they would have committed tyranny throughout the earth. But He sends [it] down in an amount which He wills. Indeed He is, of His servants, Acquainted and Seeing (Quran 42:27)

- And He it is Who sends down the rain after they have despaired, and spreads abroad His Mercy. And He is the Wali (Helper, Supporter, Protector, etc.), Worthy of all Praise (Quran 42:28)

- And of his signs is the creation of the heavens and earth and what He has dispersed throughout them of creatures. And He, for gathering them when He wills, is competent (Quran 42:29)

- If He (Allah) willed, He could still the wind, and they would remain motionless on its surface. Indeed in that are signs for everyone patient and grateful (Quran 42:33)

- Had Allah willed, they would not have taken others besides Him in worship. And We have not made you a watcher over them nor are you set over them to dispose of their affairs (Quran 6:107)

- 'And indeed when we heard the Guidance (this Quran), we believed therein (Islamic Monotheism), and whosoever believes in his Lord shall have no fear, either of a decrease in the reward of his good deeds or an increase in punishment for his sins (Quran 72:13)

- Nay! (Man denies Resurrection and Reckoning. So) he desires to continue committing sins (Quran 75:5)

- And of His signs is that He created for you from yourselves mates that you may find tranquility in them; and He placed between you affection and mercy. Indeed in that are signs for a people who give thought? (Quran 30:21)

- Not [as you think, that you (mankind) will not be resurrected and recompensed for your deeds], but (you men) love the present life of this world, (Quran 75:20)

- And We have already known the preceding [generations] among you, and We have already known the later [ones to come] (Quran 15:24)

- And on the Day of Resurrection you will see those who lied about Allah [with] their faces blackened. Is there not in Hell a residence for the arrogant? (Quran 39:60)

- Indeed in the Messenger of Allah (Muhammad SAW) you have a good example to follow for him who hopes in (the Meeting with) Allah and the Last Day and remembers Allah much (Quran 33:21)

- O wives of the Prophet! You are not like any other women. If you keep your duty (to Allah), then be not soft in speech, lest he in whose heart is a disease (of hypocrisy, or evil desire for adultery, etc.) should be moved with desire, but speak in an honourable manner (Quran 33:32)

- And stay in your houses, and do not display yourselves like that of the times of ignorance, and perform As-Salat (IqamatasSalat), and give Zakat and obey Allah and His Messenger. Allah wishes only to remove ArRijs (evil deeds and sins, etc.) from you, O members of the family (of the Prophet SAW), and to purify you with a thorough purification (Quran 33:33)

- And (He has created) horses, mules and donkeys, for you to ride and as an adornment. And He creates (other) things of which you have no knowledge (Quran 16:8)

- And We created not the heavens and the earth and all that is between them except with truth, and the Hour is surely coming, so overlook (O Muhammad SAW), their faults with gracious forgiveness (Quran 5:85)

- And do not exchange the covenant of Allah for a small price. Indeed, what is with Allah is best for you, if only you could know (Quran 16:95)
- And We did not create the heaven and earth and that between them in play (Quran 21:16)

- And Allah is not unaware of what you do (Quran 2:85)

- Trees as Pens and Seas as Ink - (Quran 18:109) and (Quran 31:27)

- Your wealth and your children are only a trial (Quran 64:15)

- You are the best nation produced [as an example] for mankind. You enjoin what is right and forbid what is wrong and believe in Allah . If only the People of the Scripture had believed, it would have been better for them. Among them are believers, but most of them are defiantly disobedient. (Quran 3:110)

- Allah does not forgive SHIRK; but He forgives what is less than that for whom He wills (Quran 4:48, 4:116)

- And if there should come to you guidance from Me - then whoever follows My guidance will neither go astray [in the world] nor suffer [in the Hereafter] (Quran 20:123)

- Were they created by nothing, or were they themselves the creators? (Quran 52:35)

- So worship Allah (Alone) by doing religious deeds sincerely for Allah's sake only, (and not to show-off, and not to set up rivals with Him in worship) (Quran 39:2)

- Knowest thou not that to Allah belongeth the dominion of the heavens and the earth? And besides Him ye have neither patron nor helper. (Baqarah2:107)

- And whether you disclose what is in your ownselves or conceal it, Allah will call you to account for it. Then He forgives whom He wills and punishes whom He wills. And Allah is Able to do all things. (Quran 2:284)

- Allah - there is no deity except Him, the Ever-Living, the Sustainer of [all] existence. Neither drowsiness overtakes Him nor sleep. To Him belongs whatever is in the heavens and whatever is on the earth. Who is it that can intercede with Him except by His permission? He knows what is [presently] before them and what will be after them, and they encompass not a thing of His knowledge except for what He wills. His Kursi extends over the heavens and the earth, and their preservation tires Him not. And He is the Most High, the Most Great. (2:255)

- **Peace in Zikr of Allah**: Those who believe (in the Oneness of Allah - Islamic Monotheism), and whose hearts find rest in the remembrance ofAllah, Verily, in the remembrance of Allah do hearts find rest (Quran 13:28)

- **Life is SACRED**: Say: "Come, I will rehearse what Allah hath (really) prohibited you from": Join not anything as

equal with Him; be good to your parents; kill not your children on a plea of want; – We provide sustenance for you and for them;- come not nigh to shameful deeds. Whether open orsecret; take not life, which Allah hath made sacred, except by way of justiceand law: thus doth He command you, that ye may learn wisdom. (Quran chapter 6:151)

- **Women: No forceful marriage and harshness**: O ye who believe! Ye are forbidden to inherit women against their will. Nor should ye treat them with harshness, that ye may take away part of the dower ye have given them,- except where they have been guilty of open lewdness; on the contrary ive with them on a footing of kindness and equity. If ye take a dislike to them it may be that ye dislike a thing, and Allah brings about through it a great deal of good. (Quran chapter 4:19)

- **Peace with enemy**: But if the enemy inclines towards peace, do thou (also) incline towards peace, and trust in Allah; for He is one that heareth and knoweth (all things). (Quran chapter 8: 61)

- **Tolerance and Forgiveness in Islam:** You shall resort to pardon, advocate tolerance, and disregard the ignorant (Quran Chapter 7:199)

- **Killing Innocent is as if he slew the whole Mankind**: On that account: We ordained for the Children of Israel that if any one slew a person – unless it be for murder or for spreading mischief in the land – it would be as if he slew the whole people: and if any one saved a life, it

would be as if he saved the life of the whole people. Then although there came to them our apostles with clear signs, yet, even after that, many of them continued to commit excesses in the land. (Quran 5:32)

- **Suicide is Prohibited**: O you, who have believed, do not consume one another's wealth unjustly but only [in lawful] business by mutual consent. And do not kill yourselves [or one another]. Indeed, Allah is to you ever Merciful (Quran 4:29)

- **Stand out firmly for justice**: O you who believe! Stand out firmly for justice, as witnesses to Allah; even though it be against yourselves, or your parents, or your kin, be he rich or poor, Allah is a Better Protector to both (than you). So follow not the lusts (of your hearts), lest you may avoid justice, and if you distort your witness or refuse to give it, verily, Allah is ever Well-Acquainted with what you do. (Quran 4:135)

- **Restrain Anger**: Those who spend [in Allah's Cause – deeds of charity, alms, etc.] in prosperity and in adversity, who repress anger, and who pardon men; verily, Allah loves Al-Muhsinun (the good-doers). (Quran 3:134)

- **Do not be rude in speech**: So by mercy from Allah, [O Muhammad], you were lenient with them. And if you had been rude [in speech] and harsh in heart, they would have disbanded from about you. So pardon them and ask forgiveness for them and consult them in the matter. And when you have decided, then rely upon Allah.

Indeed, Allah loves those who rely [upon Him]. (Quran 3:159)

- **Do not laugh or insult others**: O ye who believe! Let not some men among you laugh at others: It may be that the (latter) are better than the (former): Nor let some women laugh at others: It may be that the (latter are better than the (former): Nor defame nor be sarcastic to each other, nor call each other by (offensive) nicknames: Ill-seeming is a name connoting wickedness, (to be used of one) after he has believed: And those who do not desist are (indeed) doing wrong. (Quran 49:11)

- **No Corruption and Bribery**: And eat up not one another's property unjustly (in any illegal way e.g. stealing, robbing, deceiving, etc.), nor give bribery to the rulers (judges before presenting your cases) that you may knowingly eat up a part of the property of others sinfully. (Quran 2:188)

- **Women also have the right for inheritance**: There is a share for men and a share for women from what is left by parents and those nearest related, whether, the property be small or large – a legal share. (Quran 4:7)

- **Order righteousness to people and also practice it yourself**: Enjoin you Al-Birr (piety and righteousness and each and every act of obedience to Allah) on the people and you forget (to practice it) yourselves, while you recite the Scripture [the Taurat (Torah)]! Have you then no sense? (Quran 2:44)

- **Do not commit abuse on the earth**: "Eat and drink from the provision of Allah, and do not commit abuse on the earth, spreading corruption." (Quran 2:60)

- **Fight only with those who fight you**: Fight in the way of Allah those who fight you but do not transgress. Indeed. Allah does not like transgressors. (Quran 2:190)

- **Peace with enemy**: But if the enemy inclines towards peace, do thou (also) incline towards peace, and trust in Allah. for He is One that heareth and knoweth (all things). (Quran chapter 8: 61)

- **Kind and Just towards Non Muslims**: Allah forbids you not, with regard to those who fight you not for (your) Faith nor drive you out of your homes, from dealing kindly and justly with them: for Allah loveth those who are just. (Quran 60:8)

- **Fight in the cause of Allah for weak and oppressed**: And what is wrong with you that you fight not in the Cause of Allah, and for those weak, ill-treated and oppressed among men, women, and children, whose cry is: "Our Lord! Rescue us from this town whose people are oppressors; and raise for us from You one who will protect, and raise for us from You one who will help." (Quran 4:75)

- **Be dutiful and do not say a word of disrespect to parents**: And your Lord has decreed that you worship none but Him. And that you be dutiful to your parents. If one of them or both of them attain old age in your life,

say not to them "UFF" (a word of disrespect), nor shout at them but address them in terms of honour. (Quran 17:23)

- **Judge with justice between people**: Verily! Allah commands that you should render back the trusts to those, to whom they are due; and that when you judge between men, you judge with justice. Verily, how excellent is the teaching which He (Allah) gives you! Truly, Allah is Ever All-Hearer, All-Seer.(Quran 4:58)

- **Charity to people who do not beg:** (Charity is) for Fuqara (the poor), who in Allah's Cause are restricted (from travel), and cannot move about in the land (for trade or work). The one who knows them not, thinks that they are rich because of their modesty. You may know them by their mark, they do not beg of people at all. And whatever you spend in good, surely Allah knows it well. (Quran 2:273)

- **Do not kill children for fear of poverty**: And kill not your children for fear of poverty. We provide for them and for you. Surely, the killing of them is a great sin. (Quran 17:31)

- **Cancel not your charity by reminders of your generosity**: O you who believe! Do not render in vain your Sadaqah (charity) by reminders of your generosity or by injury, like him who spends his wealth to be seen of men, and he does not believe in Allaah, nor in the Last Day. His likeness is the likeness of a smooth rock on which is a little dust; on it falls heavy rain which leaves it

bare. They are not able to do anything with what they have earned. And Allaah does not guide the disbelieving people"[Quran 2:264]

- **Women should not display their beauty:** And say to the believing women that they should lower their gaze and guard their modesty; that they should not display their beauty and ornaments except what (must ordinarily) appear thereof; that they should draw their veils over their bosoms and not display their beauty except to their husbands, their fathers, their husband's fathers, their sons, their husbands' sons, their brothers or their brothers' sons, or their sisters' sons, or their women, or the slaves whom their right hands possess, or male servants free of physical needs, or small children who have no sense of the shame of sex; and that they should not strike their feet in order to draw attention to their hidden ornaments. And O ye Believers! turn ye all together towards Allah, that ye may attain Bliss. (Quran 24:31)

  - *And women of post-menstrual age who have no desire for marriage - thereis no blame upon them for putting aside their outer garments [but] not displaying adornment. But to modestly refrain [from that] is better for them. And Allah is Hearing and Knowing. (Quran 24:60)

- **Lower the gaze**: Say to the believing men that they should lower their gaze and guard their modesty: that will make for greater purity for them: And Allah is well acquainted with all that they do. (Noor24:30)

- **Life is a test**: [He] who created death and life to test you [as to] which of you is best in deed - and He is the Exalted in Might, the Forgiving (Quran 67:2)

  - And I (Allah) created not the jinns and humans except they should worship Me (Alone) (Quran 51:56)

- **Quran is Healing:** O mankind, there has to come to you instruction from your Lord and healing for what is in the breasts and guidance and mercy for the believers. (Quran 10:57)

  - Quran: Easy to understand and remember - (Quran 41:44, 54:17)

- **Walk with Humility:** And the slaves of the Most Beneficent (Allah) are those who walk on the earth in humility and sedateness, and when the foolish address them (with bad words) they reply back with mild words of gentleness. (Quran 25:63)

- **Boy or a Girl child:** To Allah belongs the kingdom of the heavens and the earth. He creates what He wills. He bestows female (offspring) upon whom He wills, and bestows male (offspring) upon whom He wills. (Quran 42:49)

- **Hijaab:** O Prophet! Tell your wives and your daughters and the women of the believers to draw their cloaks (veils) all over their bodies (i.e. screen themselves completely except the eyes or one eye to see the way).

That will be better, that they should be known (as free respectable women) so as not to be abused (harm or molested). And Allah is Ever Oft Forgiving, Most Merciful. (Quran 33:59)

- **No excuse for doing sin**: Verily! As for those whom the angels take (in death) while they are wronging themselves (as they stayed among the disbelievers even though emigration was obligatory for them), they (angels) say (to them): "In what (condition) were you?" They reply: "We were weak and oppressed on earth." They (angels) say: "Was not the earth of Allah spacious enough for you to emigrate therein?" Such men will find their abode in Hell - What an evil destination! (Quran 4:97)

- **3 types of waswasa**:

1. **Waswasa of ones's own self:**And indeed We have created man, and We know what his ownself whispers to him. And We are nearer to him than his jugular vein (by Our Knowledge). (Quran 50:16)

2. **Waswasa of Shaitan**: Then Shaitan (Satan) whispered to him, saying: "O Adam! Shall I lead you to the Tree of Eternity and to a kingdom that will never waste away?"(Quran 20:120)

3. **Waswasa of Mankind**: Say: "I seek refuge with (Allah) the Lord of mankind, (Quran 114:1)

- "From the evil of the whisperer (devil who whispers evil in the hearts of men) who withdraws (from his whispering in one's heart after one remembers Allah), (Quran 114:4)

- Who whispers [evil] into the breasts of mankind -(Quran 114:5)

- From among the jinn and mankind." -(Quran 114:6)

- **Jews became Swine and Monkeys**: So when they (Jews) exceeded the limits of what they were prohibited, We said to them: "Be you monkeys, despised and rejected." (It is a severe warning to the mankind that they should not disobey what Allah commands them to do, and be far away from what He prohibits them).

- **Intelligent Ad and Thamud**: And [We destroyed] 'Ad and Thamud (people)! And indeed (their destruction) is clearly apparent to you from their (ruined) dwellings. Shaitan (Satan) made their deeds fair-seeming to them,and turned them away from the (Right) Path, though they were intelligent. (Quran 29:38)

- **Talking without Knowledge**: He (Shaitan) only orders you to evil and immorality and to say about Allah what you do not know. (Quran 2:169)

- And among mankind is he who disputes concerning Allah, without knowledge, and follows every rebellious (disobedient to Allah) Shaitan (devil) (devoid of each and every kind of good).(Quran 22-3)

- It has been decreed for every devil that whoever turns to him - he will misguide him and will lead him to the punishment of the Blaze. (Quran 22-4)

- **Talking without authority**: Verily, those who dispute about the Ayat (proofs, evidences, verses, lessons, signs, revelations, etc.) of Allah, without any authority having come to them, there is nothing else in their breasts except pride [to accept you (Muhammad SAW) as a Messenger of Allah and to obey you]. They will never have it (i.e. Prophethood which Allah has bestowed upon you). So seek refuge in Allah (O Muhammad SAW from the arrogants). Verily, it is He Who is the All-Hearer, the All-Seer. (Quran 40:56)

- **Opposing Allah's wisdom**: (Allah) said: "O Iblis (Satan)! What prevents you from prostrating yourself to one whom I have created with Both My Hands. Are you too proud (to fall prostrate to Adam) or are you one of the high exalted?" (Quran 38:74)

- **Allah's curse on satan**: "And verily!, My Curse is on you (Shaitan) till the Day of Recompense." (Quran 38:78)

- **Shaitan's promis is deception:** He [Shaitan (Satan)] makes promises to them, and arouses in them false desires; and Shaitan's (Satan) promises are nothing but deceptions. (Quran 4:120)

- **Shaitan fooling disbelievers in battle of badr to fight muslims**: And (remember) when Shaitan (Satan) made their (evil) deeds seem fair to them and said, "No one of

mankind can overcome you this Day (of the battle of Badr) and verily, I am your neighbour (for each and every help)." But when the two forces came in sight of each other, he ran away and said "Verily, I have nothing to do with you. Verily! I see what you see not. Verily! I fear Allah for Allah is Severe in punishment." (Quran 8:48)

- **And Shaitan (Satan) will say when the matter has been decided**: "Verily, Allah promised you a promise of truth. And I too promised you, but I betrayed you. I had no authority over you except that I called you, so you responded to me. So blame me not, but blame yourselves. I cannot help you, nor can you help me. I deny your former act in associating me (Satan) as a partner with Allah (by obeying me in the life of the world). Verily, there is a painful torment for the Zalimun (polytheists and wrong-doers, etc.)." (Quran 14:22)

- **Complaint of a woman**: Certainly has Allah heard the speech of the one who argues with you, [O Muhammad], concerning her husband and directs her complaint to Allah . And Allah hears your dialogue; indeed, Allah is Hearing and Seeing. (Quran 58:1)

- **Satan made to forget remembrance of Allah**: Satan has overcome them and made them forget the remembrance of Allah . Those are the party of Satan. Unquestionably, the party of Satan - they will be the losers. (Quran 58:19)

- **Do not sit in company of wrong doers**: And when you see those who engage in [offensive] discourse concerning Our verses, then turn away from them until they enter into another conversion. And if Satan should cause you to forget, then do not remain after the reminder with the wrongdoing people. (Quran 6:68)

- **Allah's curse on shaitan forever:** (Allah) said (to Iblis) "Get out from this (Paradise) disgraced and expelled. Whoever of them (mankind) will follow you, then surely I will fill Hell with you all."(Quran 7:18)

- **Clothing of righteousness:** O children of Adam, We have bestowed upon you clothing to conceal your private parts and as adornment. But the clothing of righteousness - that is best. That is from the signs of Allah that perhaps they will remember. (Quran 7:26)

- **Dua to seek refuge of Allah from whispers of Shaitan** : And if an evil whisper comes to you from Shaitan (Satan) then seek refuge with Allah. Verily, He is All-Hearer, All-Knower. (Quran 7:200)

- Dua to seek refuge of Allah from whispers of Shaitan: "My Lord! I seek refuge with You from the whisperings (suggestions) of the Shayatin (devils). (Quran 23:97)

- "And I seek refuge with You, My Lord! lest they may attend (or come near) me." (Quran 23:98)

- So when you want to recite the Quran, seek refuge with Allah from Shaitan (Satan), the outcast (the cursed one) (Quran 16:98)

- **All Muslims must not go for battle:** And it is not for the believers to go forth [to battle] all at once. For there should separate from every division of them a group [remaining] to obtain understanding in the religion and warn their people when they return to them that they might be cautious. (Quran 9:122)

- **Death will overtake wherever you are**: Wherever you may be, death will overtake you, even if you should be within towers of lofty construction. But if good comes to them, they say, "This is from Allah "; and if evil befalls them, they say, "This is from you." Say, "All [things] are from Allah ." So what is [the matter] with those people that they can hardly understand any statement? (Quran 4:78)

- **False Gods as intercessors**: And they worship other than Allah that which neither harms them nor benefits them, and they say, "These are our intercessors with Allah " Say, "Do you inform Allah of something He does not know in the heavens or on the earth?" Exalted is He and high above what they associate with Him (Quran 10:18)

- **Worshiping false gods not a nearness to Allah**: Surely, the religion (i.e. the worship and the obedience) is for Allah only. And those who take Auliya' (protectors and helpers) besides Him (say): "We worship them only that they may bring us near to Allah." Verily, Allah will judge

between them concerning that wherein they differ. Truly, Allah guides not him who is a liar, and a disbeliever. (Quran 39:3)

- **If Allah had willed:** And those who associate others with Allah say, "If Allah had willed, we would not have worshipped anything other than Him, neither we nor our fathers, nor would we have forbidden anything through other than Him." Thus did those do before them. So is there upon the messengers except [the duty of] clear notification? (Quran 16:35)

- **Ask forgiveness for others also:** So know, [O Muhammad], that there is no deity except Allah and ask forgiveness for your sin and for the believing men and believing women. And Allah knows of your movement and your resting place. (Quran 47:19)

- **Name of false Gods**: And said, 'Never leave your gods and never leave Wadd or Suwa' or Yaghuth and Ya'uq and Nasr (Quran 71:23)

- **Ask people who has knowledge**: Ask people of knowledgeable if you do not know: And We sent not before you, [O Muhammad], except men to whom We revealed [the message], so ask the people of the message if you do not know. (Quran 21:07)

- **Do not despair Allah's Mercy:** Say, "O My servants who have transgressed against themselves [by sinning], do not despair of the mercy of Allah . Indeed, Allah forgives

all sins. Indeed, it is He who is the Forgiving, the Merciful." (Quran 39:53)

- **Repent from sin before the punishment comes**: "And turn in repentance and in obedience with true Faith (Islamic Monotheism) to yourLord and submit to Him, (in Islam), before the torment comes upon you, then you will not be helped. (Quran 39:54)

- **Past will be forgiven:** Say to those who have disbelieved, if they cease (from disbelief) their past will be forgiven. But if they return (thereto), then the examples of those (punished) before them have already preceded (as a warning). (Quran 8:38)

- **Shaitan commands Al Fahisha:** O you who believe! Follow not the footsteps of Shaitan (Satan). And whosoever follows the footsteps of Shaitan (Satan), then, verily he commands Al-Fahsha' [i.e. to commit indecency (illegal sexual intercourse, etc.)], and Al-Munkar [disbelief and polytheism (i.e. to do evil and wicked deeds; to speak or to do what is forbidden in Islam, etc.)]. And had it not been for the Grace of Allah and His Mercy on you, not one of you would ever have been pure from sins. But Allah purifies (guides to Islam) whom He wills, and Allah is All-Hearer, All-Knower. (Quran 24:21)

- **Do not spread Immorality and Indecency (Behayai):** Indeed, those who like that immorality should be spread [or publicized] among those who have believed will have

a painful punishment in this world and the Hereafter. And Allah knows and you do not know. (Quran 24:19)

- **Make peace between two fighting groups**: And if two parties or groups among the believers fall to fighting, then make peace between them both, but if one of them rebels against the other, then fight you (all) against the one that which rebels till it complies with the Command of Allah; then if it complies, then make reconciliation between them justly, and be equitable. Verily! Allah loves those who are equitable. (Quran 49:09)

- **Settlement between brothers:** The believers are but brothers, so make settlement between your brothers. And fear Allah that you may receive mercy. (Quran 49:10)

- **No good in secret talks:** There is no good in most of their secret talks save (in) him who orders Sadaqah (charity in Allah's Cause), or Ma'ruf (Islamic Monotheism and all the good and righteous deeds which Allah has ordained), or conciliation between mankind, and he who does this, seeking the good Pleasure of Allah, We shall give him a great reward. (Quran 4:114)

- **Allah is the Best of providers:** That which Allah has is better than any amusement or merchandise! And Allah is the Best of providers." (Quran 62:11)

- **Allah will replace us:** Here you are - those invited to spend in the cause of Allah - but among you are those who withhold [out of greed]. And whoever withholds only withholds [benefit] from himself; and Allah is the

Free of need, while you are the needy. And if you turn away, He will replace you with another people; then they will not be the likes of you. (Quran 47:38)

- **Do not insult gods of others:** And insult not those whom they (disbelievers) worship besides Allah, lest they insult Allah wrongfully without knowledge. Thus We have made fair-seeming to each people its own doings; then to their Lord is their return and He shall then inform them of all that they used to do. (Quran 6:108)

- **Do not cheat in weighing:** And do not approach the orphan's property except in a way that is best until he reaches maturity. And give full measure and weight in justice. We do not charge any soul except [with that within] its capacity. And when you testify, be just, even if [it concerns] a near relative. And the covenant of Allah fulfill. This has He instructed you that you may remember. (Quran 6:152)

- **Do not be excessive in eat and drink:** O children of Adam, take your adornment at every masjid, and eat and drink, but be not excessive. Indeed, He likes not those who commit excess. (Quran 7:31)

- **Wear good clothes:** O Children of Adam! Take your adornment (by wearing your clean clothes), while praying and going round (the Tawaf of) the Ka'bah, (Quran 7:31)

- **Cleanliness is near to Godliness:** And Allah loves those who make themselves clean and pure (i.e. who clean their

private parts with dust [i.e. to be considered as soap) and water from urine and stools, after answering the call of nature]. (Quran 9:108)

- **Invite with wisdom:** Invite to the way of your Lord with wisdom and good instruction, and argue with them in a way that is best. Indeed, your Lord is most knowing of who has strayed from His way, and He is most knowing of who is [rightly] guided. (Quran 16:125)

- **Qareen:** His [devil] companion will say, "Our Lord, I did not make him transgress, but he [himself] was in extreme error." (Qaf 50:27)

- And Satan will say when the matter has been concluded, "Indeed, Allah had promised you the promise of truth. And I promised you, but I betrayed you. But I had no authority over you except that I invited you, and you responded to me. So do not blame me; but blame yourselves. I cannot be called to your aid, nor can you be called to my aid. Indeed, I deny your association of me [with Allah] before. Indeed, for the wrongdoers is a painful punishment." (Ibrahim 14:22)

- **Successful people**: Successful indeed are the believers. Those who offer their Salat (prayers) with all solemnity and full submissiveness. And those who turn away from Al-Laghw (dirty, false, evil vain talk, falsehood, and all that Allah has forbidden). And those who pay the Zakat. And those who guard their chastity (i.e. private parts from illegal sexual acts) Except from their wives or those their right hands possess, for indeed, they will not be

blamed - But whoever seeks beyond that, then those are the transgressors; And they who are to their trusts and their promises attentive And those who strictly guard their (five compulsory congregational) Salawat (prayers) (at their fixed stated hours) Those are the inheritors Who shall inherit the Firdaus (Paradise). They shall dwell therein forever. (Quran 23:1-12)

- **Skipping Salah (Namaz) will be in Saqr (Hell):** In Gardens (Paradise) they will ask one another, About Al-Mujrimun (polytheists, criminals, disbelievers, etc.), (And they will say to them): "What has caused you to enter Saqr (Hell)?" They will say: "We were not of those who used to offer their Salat (prayers) "Nor we used to feed Al-Miskin (the poor); "And we used to talk falsehood (all that which Allah hated) with vain talkers. (Mudathir74:36-44)

- I will turn away from My signs those who are arrogant upon the earth without right; and if they should see every sign, they will not believe in it. And if they see the way of consciousness, they will not adopt it as a way; but if they see the way of error, they will adopt it as a way. That is because they have denied Our signs and they were heedless of them (Quran 7:146)

- Those who denied Our signs and the meeting of the Hereafter - their deeds have become worthless. Are they recompensed except for what they used to do? (Quran 7:147)

One Minute That Will Be Useful For The Rest Of Life

1. If you ever get caught sleeping at your desk at work just say "they told me at the Blood Bank that this would happen.
2. When the power goes out search for wifi networks on your phone to see if everyones power is out.
3. Quelling road rage by pretending that every stupid driver really has to poop.
4. If you want to maintain good posture, pretend your nipples have lasers that shoot out of them and you have to keep them aimed at people's heads.
5. Wiping the water off of your body with your hands in the shower before getting out and towel-drying.
6. If you want to attract better people, focus on, think about, read about.
7. If your car is overheating, turn your heat on full blast. When you turn the heat on in a car, it pulls heat from the engine into the cab, thus cooling the engine.
8. Hit "s" while watching Netflix on a computer to skip the intro.
9. If you don't know whether you should use the word effect or affect, simply use impact.

10. When buying bedsheets, look for striped ones. It will make it much easier to find the long and short sides.
11. If you accidentally press the spacebar and scroll down the page, you can press Shift+Space and go back to where you were.
12. Don't save your banking information on online stores. Makes impulse buying much more difficult if you have to track down your wallet.
13. If you keep a baseball bat in your car for protection, put a sock over it. If they grab the bat, they will only get the sock, and you will get another swing.
14. Filling in the 'to' field of an email last.
15. When buying online, leave items in the shopping cart for a while. There is a good chance that the website is tracking this, and will lower the price overtime to entice you into buying.
16. If your coworker ever calls in sick for work, you can do the same 1-3 days later. Your boss will think you have the same thing and it's "going around the office."
17. Blink eyes rapidly for a minute before bed to tire yourself out.
18. When lending a pen or marker hand it over without the cap, you are much more likely to get it back.
19. If you have somewhat of a double chin or you want your jawline to be more defined in a picture, put your tongue on the roof of your mouth.

20. Whenever you accidentally set off your smoke alarm, give your pets a treat so they learn to come to you when there actually is a fire and you need to escape.
21. Remember that one 18-inch pizza is more pizza than two 12-inch pizzas.

Interesting Psychological Facts About Life

Perception of Time:

- Our perception of time can be subjective.
- When we're engaged in enjoyable activities, time often seems to pass quickly, while during boring or monotonous tasks, time can feel like it's moving slowly.

Primacy and Recency Effects:

- When we encounter a list of items or meet new people, we tend to remember the first (primacy effect) and last (recency effect) items or individuals more easily than those in the middle.

Confirmation Bias:

- We have a tendency to seek information that confirms our existing beliefs and ignore or downplay information that contradicts them, reinforcing our own perspectives.

The Halo Effect:

- Our initial impression of someone or something can bias our overall judgment.
- For example, if we find a person physically attractive, we might assume they possess positive qualities in other areas as well.

Emotional Contagion:

- Emotions can be contagious. We tend to "catch" and mirror the emotions of those around us, which can influence our own mood and emotional state.

The Peak-End Rule:

- When recalling past experiences, our memory tends to be influenced by the most intense moment (peak) and the ending.
- This means that the overall perception of an experience is often based on how it felt at its highest point and how it concluded.

The Illusion of Control:

- We tend to overestimate our control over events and situations.
- This can lead to a sense of false confidence or frustration when things don't go as planned.

The Anchoring Effect:

- The first piece of information we receive about something (the anchor) often influences our subsequent judgments and decisions, even if the anchor is arbitrary or unrelated.

Self-Serving Bias:

- We have a natural inclination to attribute our successes to internal factors (e.g., personal qualities or abilities) while attributing our failures to external factors (e.g., luck or circumstances).

The Power of Gratitude:

- Expressing gratitude has been linked to increased happiness and well-being.
- Taking time to appreciate the positive aspects of life can have a significant impact on our overall outlook.

These psychological facts offer intriguing insights into human behavior, cognition, and emotions. They remind us of the fascinating complexities that shape our experiences and interactions with the world around us.

Freedom and Intelligence to Do What You Desire

Freedom and intelligence to do what you desire is important in living life. The warrior must learn to resist, and ultimately become immune, to the disapproval of his fellows. You should be able to say that if the only weapon an opponent has against you is disapproval, then he is very poorly armed. As you do this, the confidence which you will gain by each successful engagement with the forces who would try to control you will enable you to face life with a much greater sense of personal power and workability.

Remember that life itself is conflict, the conflict between the strong and the weak and the smart and the stupid, the human and the sports fan. Sports fans are the ultimate losers, spending their lives attempting to identify with the winners that they can never be. Do not make the mistake of idolizing someone to the point where you are not working on becoming the best yourself. Your own life and achievements are all that matters. Let others inspire you, but focus all your power on creating your own realities.

Take those actions which are obviously to your benefit without suffering pangs of conscience if and when something unpleasant happens to other people as the result of your actions. Every man has a right to fulfill his own will without being afraid that it may interfere with that of others, for if he is in his proper place, it is the fault of others if they interfere with him. The intelligent have the freedom to do as they please, and if others are intelligent, they would harmonize with you because great minds harmonize.

Connect with Universal Life Energy for Success

No matter what we do, be it a physical, mental or emotional activity, we should never use our own very limited supply of life energy. We should always take the trouble to make contact with the universal reservoir of life energy. The more we use it, the more we have

because it is the everlasting fount of life that always gives us more than we can receive. We may be in direct and constant contact with the universal life energy all the time but we're not conscious of it. We think we're separated from the all power.

Therefore we need to reestablish on the mental plane that which was lost there, though actually we have never lost that contact on the spiritual plane. As long as we are not conscious of the flow of universal life energy though us, we do not derive much benefit from it even though it is there. We need to believe in the truth in order for it to have effect in our lives. It is true that you are free, but believing that you're not free causes you to trap yourself. Your consciousness creates your experience about reality.

We do not need concentration or strong mental effort to contact the life vibrations. All we need to do is to become conscious of their continual flow in us to establish the contact. The easiest and simplest way of contacting universal life energy is through mental contact. Simply think the words "I am one with universal life energy. It is flowing through me now. I feel it." and feel it. Relax physically, mentally and emotionally and feel harmony within you. When you're in that state, the power is flowing through you.

Suggestion and Its Impression upon our Beliefs

A man is largely what he is by reason of the suggestions which he has accepted. We say "accepted" rather than "experienced" for one experiences many suggestions which he rejects and refuses to accept. The suggestions that are rejected affect his character only in the way of forming the habit to reject similar suggestions. The suggestions which are accepted become a part of his nature and character, and may be removed only by suggestions of an entirely opposite nature and strong enough.

It is often said that we are the result of what we have thought. It is also true that we our thinking is largely the result of the suggestions we have accepted from the influences around us. It takes a very strong individual to rise above the effect of his environments, and to shake off the prevailing opinions of his associates and to strike out in a new line for himself. Such men are liken to geniuses. The ordinary mortal finds himself unable to do such a thing unless he is inspired to renew his thinking.

Nature has given man a Will to use and order his life and character as he will. By that Will he is able to reject and refuse suggestions which are not conducive to his wellbeing and to accept and welcome suggestions that serve to strengthen and build up his character in the desired way. With the possession of Sovereign Will, he may cast away harmful things and draw to himself those that help and develop him. The will is focus and Man is

the master of Suggestion if he uses his will to focus his mind.

Being Centered is Necessary to Maintain Success

Do not become complacent when you have achieved a certain level of success. The reason why many people fail when they have become quite successful is because they start becoming overconfident, proud, too sure of themselves, arrogant, cocky and just plain imbalanced in their consciousness. They have moved off from the center. There is a center state of mind in between the state of failure and the state of success. Send forth your intent and let it go without doubt or being too sure and complacent.
You must always give your full heart and soul each time you do anything and not become complacent and lapse in your focus and direction of energy. To live is to create. How can you at any moment live consciously without the creative urge? Each soulful moment of living is what enables you and others to experience the fullness of your being. Everything around you is your life and is created by your life energy. Slackness within reflects as slackness without. Act completely and your world reflects fulness.

Each time you want to create success, you must put in your whole soul and give it your all. We either progress or regress. We never stand still. When you rest on your laurels, you stand still and start to regress. That is why

people who have arrived at a peak and stay there start to decline from that point onwards. The principle of rhythm is always at work and you must keep being in motion to counter it. There's always a natural move to decline when at a peak. You must keep directing energy to be on top.

Feeling Normal about Your Desire to Manifest It

As a child, we always felt normal about all good things in our experience and naturally felt that we could have them all. It was only society's influence over time that made us feel certain things or people were beyond our range and that we had to try hard to get them. You must undo society's programming and get back to the place of your natural state of mind. Know who you are as a divine child being worthy of all things and naturally expecting all good things. Start feeling and acting in that way once again.

Treat money and attractive people normally. Do not feel different about them. Feel indifferent. Do not show too much interest. Show disinterest. You wouldn't be taking too much interest in a thing that is normal available to you. This is the abundance mindset. When money or other people feel that you are putting them on a pedestal, you are pushing them away from you. No one wants someone greater or lesser than them. Everyone and everything only wants its equal. Only things of similar frequencies attract.

If you want to attract money or people towards you, make them feel that they are your equal. Do not feel insecure around them or become unsure of yourself. Treat good things normally no matter the amount or quality. Watch how rich people act and feel towards money and watch how married people act and feel towards their spouse. You will find that the underlying feeling of indifference and attitude of normalcy is always there. Treat what you desire to have the same way as you treat what you already have.

Raising Power and Releasing it for Magical work

The Cone of Power is one of the methods of working magic, and refers to a technique for focusing energy within a magickal circle. The circle acts as both lens and container for the energy of an individual or group, creating a "cone" shape before being released for particular purpose. It doesn't matter how this power is achieved, using bodily movement, breathing, chanting, sex, or a mixture of them all, along with sigils as well, just as long as the Cone of Power is achieved and powerfully is it made to be!

The question is why a cone? The cone is the shape of energy perceived by those sensitive to the energy currents. The energy forms as a circle at the base around you and merges into a point above you. The basic energy is that of the human body, increased tremendously and extremely powerfully and then suddenly released and

channeled in accordance with Will. You're raising your bodily emotional energetic power and then suddenly directing it at will. Magick is intentional emotional out-bursting.

The release is the trickiest part of raising the cone, requiring a sense of timing and an awareness of the level of energies. The "drop" or release is called when the energy peaks, and before it falls back. Remember that energy follows the principle of rhythm and it rises and falls. You cannot release your energy at anytime most effectively. The energy must be built up to a certain intensity. In the magickal ritual, you are consciously manipulating the energy and knowing its intensities in the moment. It is like martial arts. You manipulate it to a point to release it. (Magic is not allowed in Islamic Laws)

Release Resistance to Allow Intent to Manifest

Hold on to an object as tightly as you can for 2 minutes. How does it feel? Tiring? It probably doesn't feel very good. Now open up your hand and let that object go. Feels good, doesn't it? Follow that feeling of relief flowing from your hand up your arm to the rest of your body. Doesn't it feel like great, almost a light-hearted feeling? And only now that you've let go of that that object, you can easily reach out and pick up whatever you want, right? Releasing resistance to your intent works exactly the same way.

When you are no longer energetically holding yourself to a thing, you free your energy to operate in other directions. When you have nothing to lose, there's no resistance. When your action and energy is in flow, you have no resistance. It is imperative that you follow what feels good. Freedom is the key to power, and power is the key to wealth. Power is energy minus resistance. The more energy there is, the more power there is. The less resistance there is, the more power there is. Freedom is both way.

If you've tried out many self help techniques on how to achieve your goal, one of the things that all of them say is that after doing your visualization, affirmation or goal-setting, they all advise you to put it aside and just let go after you've finished your session. This is to release resistance to the process of intention being manifested. The process is what brings the goal into manifestation. You allow the process to operate on its own when you detach from it. Remember freedom is the key to power for work.

Convince Conscious Mind for Subconscious to Work

It is a mistake for mind programming methods to only address the subconscious part of the mind and totally ignore the conscious part of the mind, which is the decision maker. If the conscious mind does not agree

with whatever you want to put into your subconscious mind, the programming will ultimately fail. The conscious mind is just as important as the subconscious mind, after all it is the conscious mind that's making the final judgment on how and whether all these mental programming we are trying to use to influence our mind are going to be executed. The solution is to make your conscious mind and subconscious mind work together towards your desired goals or dreams. There is a need to choose the right words and suggestions that can be easily accepted by your mind, both consciously and subconsciously. The key is to program both your conscious and subconscious mind with strong positive messages that are going to become part of your everyday thinking.

Even when you choose to use techniques or technology that bypasses the conscious mind to program the subconscious mind for unconscious change, you should seek to learn how it works. When you are aware of the process and the logic behind it, you are able to have both your conscious and subconscious minds working for you. Total transformation involves the whole mind and not just part of it. It is your belief that the subconscious technique works that affects its influence over you as well.

We seek to understand how everything works and to discover the explanation of every mystery that presents itself to us. It is because when we can comprehend all that we experience according to logic, we are able to

master our situations instead of letting them master us. Everything in the universe runs according to logic. When we encounter anything we do not understand, it is not because it is illogical but just that we have yet to discover the logic of it.

I didn't choose to be born. Why should I continue living?

What if you actually chose it?

What if you are a limitless eternal infinite being who chose to have a physical experience with a human body as its recipient to be able to feel all the possible emotions that exist?

What if you, as a soul, wrote one by one each and every single experience that you want to have and that's precisely what's happening right now in your life?

What if you forgot you did that the moment you were born, so that the experience could be more authentic and interesting, instead of predictable and boring?

What if your life is a master piece written from the stars, by the source of everything itself, in the form of game that seems meaningless but makes all the sense when you let if flow and stop resisting it?

What if you are God himself having a laugh by choosing an avatar and playing this character that you see in the mirror?

What if you were meant to reach this point in life and ask this question here, so that you could awaken from this nonsense and actually start enjoying the journey?

What if you start living like you wrote and desired every single thing that happens in your life?

What if suddenly eveything starts making sense and your life turns into a meaningful and fulfilling experience?

Why being miserable by denying something you don't even know is true, when you can experience the most amazing experience there is by just surrendering to the unknown?

Why not find things that make you feel good and make your life all about them?

You're here, what do you have to lose?

Since Life Is Bad, What Motivates To Do Anything?

Life's not bad or good. It just is.

Why do you think life is bad?

The fact that you label your existence that way is because you're not accepting what is.

Your expectations about how your life should be are dictating your mood right now.

Now life is not how you've pictured it in your mind, so it's bad.

If things suddenly start going your way, you'll probably say: "hey, life is finally good!", right?

Well, you're in for a frustrating and miserable journey if you keep thinking that way.

It's all about perspective, my friend.

And you need to shift yours if you want to have a fulfilling meaningful life.

The moment you start accepting what's in front of you as what is and not resisting it but trying to make the most of it no matter how it makes you feel, that's when you will start to realize that there's something positive in every step of your way.

We're all infinite souls having a physical experience in a human body, so that we can feel a wide array of emotions, interact with other human beings, do things that make us feel good, go through difficult moments… and all that to learn more about ourselves every day.

This is just a game we came here to play, just for the fun of it, for the experience.

Don't overthink it or over complicate it, just play it.

Motivation comes and goes, don't count on it to keep going.

Instead, listen to your heart, your intuition, your essence, what does it tell you?

What matters to you the most?

Do that, make your life all about it, but remember that not always things are going to go the way you expected, but that doesn't mean they're bad.

You need to trust the process, the Universe's plan for you, which is a mystery for everyone.

The way you choose to see your reality, will in the end determine what you make of it.

Try to embrace the journey, cause now that you're already alive, why make this a tiresome experience when you can have a blast?

Ways To Make A Decision Quickly

It's actually pretty simple, but we tend to overcomplicate it.

Whenever you face a decision, your heart knows the answer right away, it's the mind that tries to get in the way weighing the pros and cons and trying to predict the outcomes createing endless potential scenarios in your head.

Fear, insecurities and expectations will come to the surface to make you doubt yourself.

Try to simplify it.

Reduce the decision time by not letting your mind join the conversation.

Listen to your intuition, which is the infinite part of you that's always connected to the source, to the universe. That part of you that knows who you really are.

If it's a YES, you'll feel it. You'll know it right away.

It's it's not an absolute immediate yes, then it's definitely a NO.

If you don't believe it, just go back and remember your past decisions. You'll see how you made your choices and if you were right or not to listen to your wise inner voice.

Trust me. No need to overthink it.

If it's aligned with who you are, the answer will always be YES, no matter what.

How can life be good?

Life can be good if you consciously choose it.

Yeah, it's that simple.

The problem is that we get caught up in the external noise and we forget that everything we need for us to have the best life experience is inside of us.

What is it that really matters to you? Listen to your heart, your intuition and you'll find the answer. Focus on that and make your life all about it.

Don't overcomplicate it or overthink it too much, seriously, this can all be very easy if you make it so.

Fears, insecurities, expectations, trauma… they all pile up in our minds and stop us from being happy and at peace with ourselves.

Heal your inner child, let go of all the baggage you've been carrying and then you'll be at peace and your life will be an amazing journey.

Try to look more to the inside rather than the outside, since the external world is a reflection of the internal one and that's where you have the power.

Think your life is bad and all you'll see and experience will be unpleasant events, because that's how you choose to see your reality.

On the other side, if you consciously choose to see life as good, as a joyful experience, then you're in for an amazing and fulfilling ride.

It's in your hands really to create a good life for yourself.

Don’t let the illusion of external reality distract you from who you really are, a limitless spiritual being that’s having a physical experience for the fun of it.

How Exactly Should You "Be Yourself"?

Easy, Just act on what matters to you the most, no matter what it is, no matter what they say or think.

Whatever it is you feel resonates with you the most, that call you feel deep inside of you that matches your heart’s vibrational frequency… go for it and don’t look back.

Most of the people don’t even stop to try to figure out who they are and they just live on autopilot all their life, doing what they’re supposed to do, being who they’re told to be.

If you don’t want to be that guy, just stop for a second (or more, take all the time you need) and don’t think, feel.

What does your heart tell you?

If you feel the need to travel the world and maybe join a NGO, don’t go to college to be a lawyer just because your father expects that from you.

If you want to start your own business because you feel prepared to give it all for something you believe in, don’t

just go and work for whatever company that is willing to interview you.

If you are an artist and take beautiful pictures, paint like a boss, sing like the angels or enjoy playing an instrument or a sport at which you're good at, don't settle for less than that.

Yeah, I'm saying follow your dreams, because your dreams come from very deep down inside of you, where your soul is, where your true self resides, where your heart beats louder, and that's a call that cannot be left unanswered, my friend.

If you feel it and you don't act on it just because you've been told to play it safe, to follow the herd, to do what you're told and have a comfortable boring life being someone you're not just because the risk is too high…

You'll be miserable all your life and you won't even know why.

So, being yourself means precisely answering that inner call and doing what really matters to you no matter what, no matter who, no matter where and when.

If you're thinking about it all day… That's it.

If you can't breathe if they take it away from you… That's it.

If you close your eyes and picture yourself being that person and you can't stop smiling and feeling joyful and alive… that's exactly it!

Deep down inside you know who you are.

So go be yourself. Now. Whatever it takes.

Otherwise, what are you here for?

Our Creation Is For Fun Or For Some Meaningful Tasks?

From an Islamic perspective, life in this world is viewed as a serious and purposeful journey rather than merely a pursuit of fun or entertainment. According to Islamic teachings, this life is a temporary phase, a test of one's faith, character, and actions in preparation for the Hereafter.

The Quran emphasizes that the primary purpose of life is to worship Allah and live according to His guidance. In Surah Adh-Dhariyat (51:56), Allah says:

> "And I did not create the jinn and mankind except to worship Me."

This worship is not limited to rituals but encompasses living a life that is aligned with divine principles, which includes fulfilling responsibilities, seeking knowledge, serving humanity, and striving to better oneself and society.

The world is also seen as a place of tests and trials, as mentioned in Surah Al-Mulk (67:2):

> "He who created death and life to test you [as to] which of you is best in deed."

While enjoyment and relaxation are not forbidden in Islam, they are meant to be balanced with the larger, more serious tasks of spiritual and moral development. Fun, in this context, should not distract one from the ultimate goal of attaining success in the Hereafter.

In essence, life is an opportunity to fulfill our responsibilities to Allah, ourselves, and others, with the ultimate aim of achieving eternal success.

Here's a brief look at how some of these perspectives address the purpose of life:

1. Secular Humanism:

In secular humanism, life is often seen as having no predetermined purpose or ultimate meaning beyond what individuals choose to create for themselves. Humanists believe that humans are responsible for defining their own values and purpose, often through contributing to the well-being of others, improving society, and experiencing personal fulfillment. While fun and enjoyment are considered valuable aspects of life, many secular thinkers emphasize the importance of meaningful work, personal growth, and making a positive impact in the world.

A secular approach might assert that life involves both fun and serious tasks, with a focus on balancing personal happiness with responsibilities towards oneself and society.

2. Buddhism:

In Buddhism, life is understood as a cycle of suffering (Samsara) caused by attachment, desire, and ignorance. The ultimate goal is to attain enlightenment (Nirvana) by following the Eightfold Path, which involves ethical conduct, mental discipline, and wisdom. Fun and pleasure are not inherently wrong in Buddhism, but attachment to them is seen as a source of suffering. Therefore, life is taken seriously as a path towards liberation from suffering and attaining spiritual awakening.

While moments of joy and happiness are recognized, the focus is more on achieving inner peace and freedom from the cycle of birth and death.

3. Hinduism:

Hinduism also views life as a serious journey where the soul undergoes various reincarnations in pursuit of Moksha (liberation). Life is seen as an opportunity to perform one's duties (Dharma) and to progress spiritually. The four goals of life in Hinduism include Dharma (duty/ethics), Artha (prosperity), Kama (pleasure), and Moksha (liberation). While enjoyment (Kama) is considered a legitimate goal, it is meant to be balanced with duty and spiritual progress. Ultimately, the purpose of life transcends mere fun, aiming at union with the divine.

4. Christianity:

In Christianity, life is often seen as a serious mission to fulfill God's will and prepare for eternal life with Him. Christians believe that they are called to live according to the teachings of Jesus Christ, which involves loving God and others, doing good deeds, and spreading the Gospel. The Bible emphasizes the importance of living a righteous life, and while joy and celebration are encouraged, they are framed within the context of gratitude to God and service to others.

Fun is acknowledged, but life is fundamentally about living a life of faith, love, and service, with the ultimate goal of eternal salvation.

5. Existentialism:

Existentialist philosophers, such as Jean-Paul Sartre and Albert Camus, argue that life inherently has no meaning or purpose, and it is up to each individual to create their own meaning through choices and actions. Life can involve both fun and serious tasks, but neither is more inherently meaningful than the other unless an individual assigns significance to them. Existentialists often focus on the importance of authenticity, freedom, and responsibility in living a meaningful life.

In summary, secular worldviews often emphasize personal choice and balance, while religious perspectives generally prioritize a greater purpose or spiritual journey. Both approaches recognize that life involves moments of fun, but many stress the importance of serious tasks and

responsibilities that contribute to personal growth, societal well-being, or spiritual fulfillment.

About the Book: "Life Skills" is a unique volume delving into essential life principles and wisdom sourced from various outlets, including Quora Digest, "Tips for Success," and contributions from Noctis Enoch. Enriched by the guidance of ChatGPT, this compilation draws inspiration from Shia Islam, offering universal insights transcending cultural and religious boundaries. With an open invitation to readers from all backgrounds, "Life Skills" aims to empower individuals with timeless wisdom for a more fulfilling and purposeful life. Please note that the book has been curated with sensitivity, ensuring alignment with Islamic teachings and addressing any potential concerns.

About Author: S. Jahanzaib Abidi is a distinguished author known for his extensive collection of articles covering a wide range of subjects, including philosophy, religion, education, politics, economics, media, and society. His prolific writings showcase a deep understanding and insightful analysis across diverse topics, making him a notable figure in the realm of article series.

With a keen intellect and a penchant for thorough exploration, Abidi's contributions offer readers a nuanced perspective on various issues, establishing him as a respected writer whose work resonates across different spheres of thought and discourse. His thought-provoking articles contribute significantly to the intellectual landscape, fostering a deeper understanding of complex subjects.